THE SATURDAY EVENING POST

Bequeath Your Organs

Founded A.D. [illegible] lin

Jan./Feb. '95

Tony Bennett: Better Than Ever

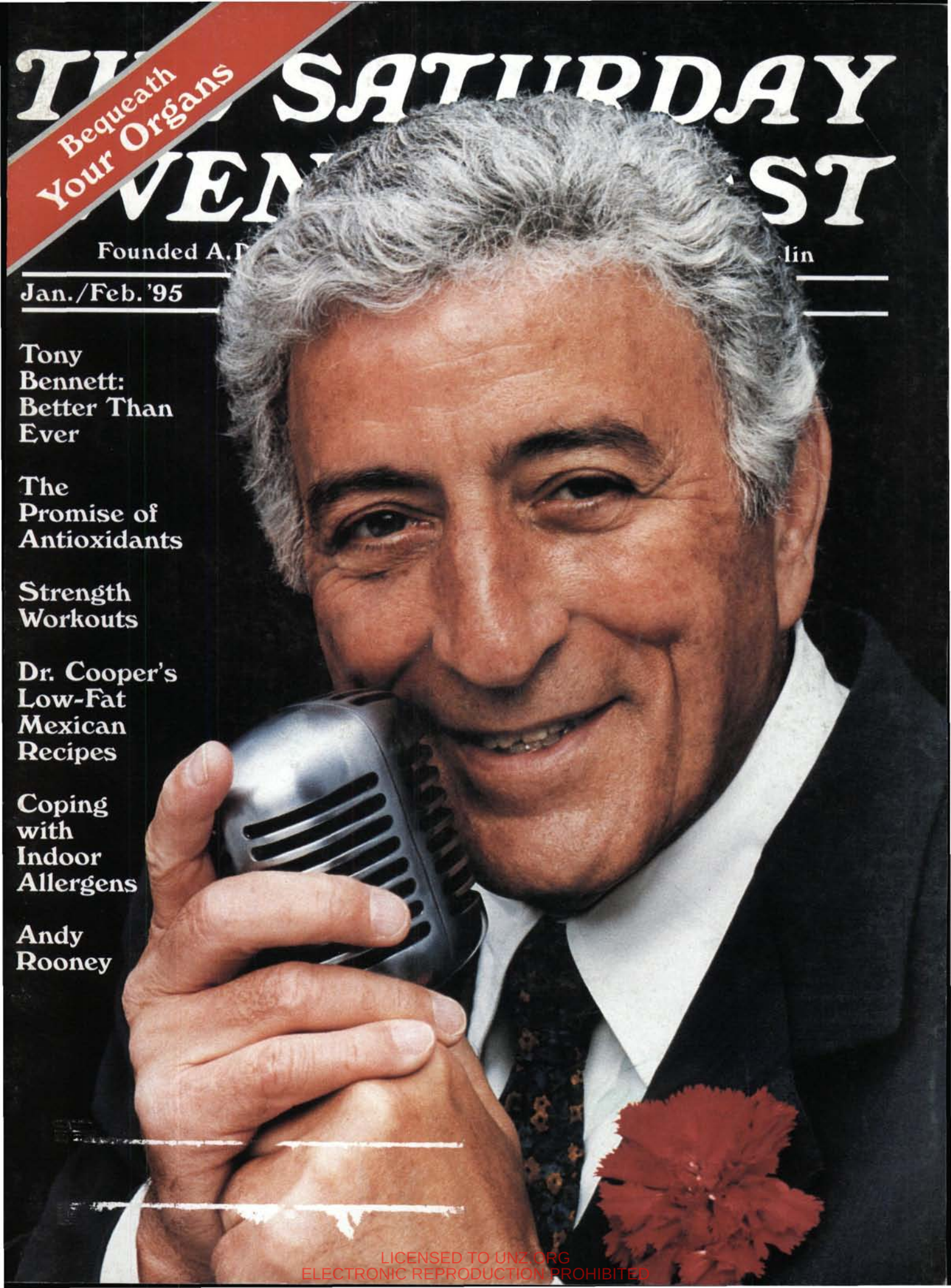
The Promise of Antioxidants

Strength Workouts

Dr. Cooper's Low-Fat Mexican Recipes

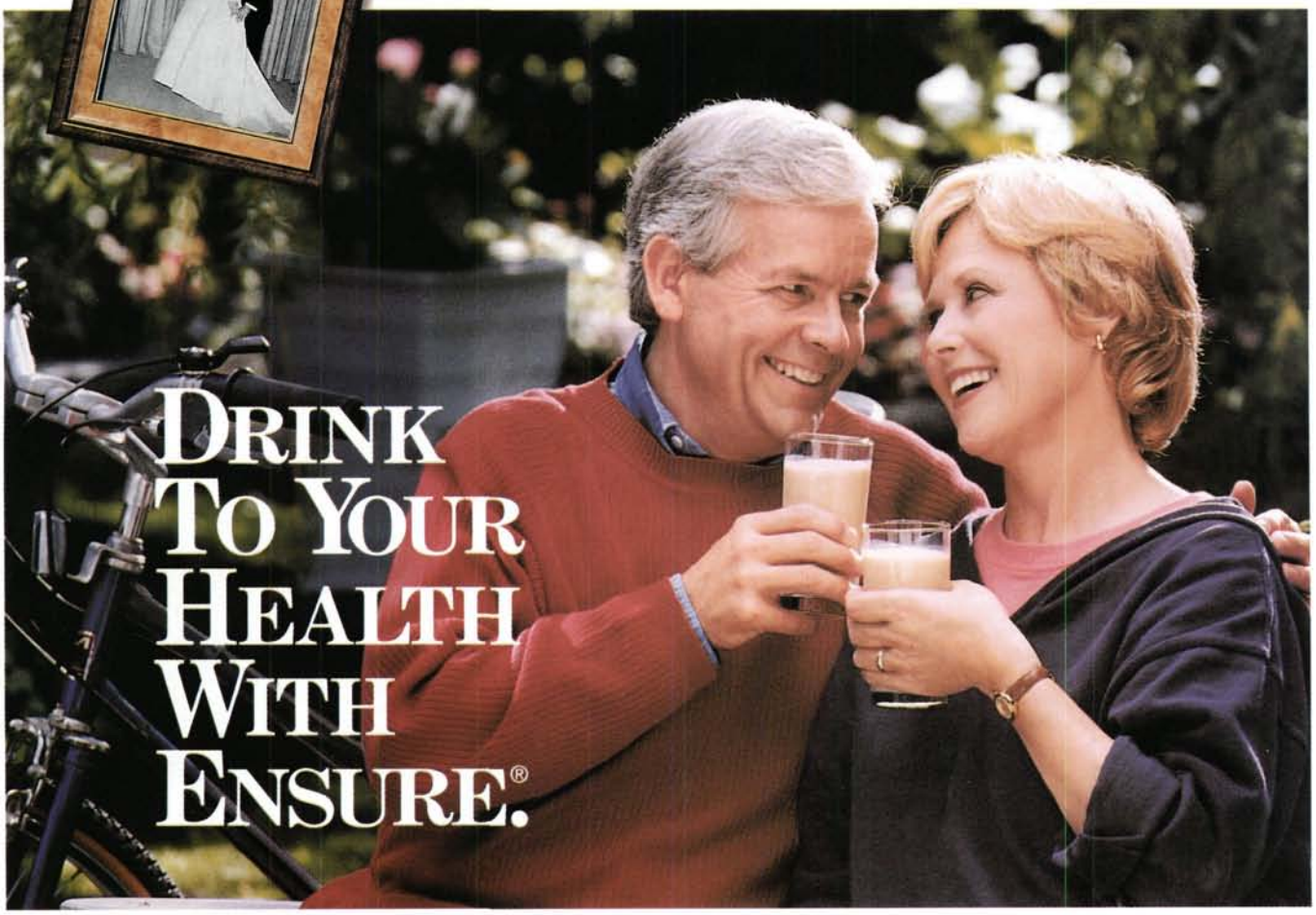
Coping with Indoor Allergens

Andy Rooney



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"30 years ago, we promised to always take care of each other...today we're still keeping that promise."



The #1 Doctor Recommended Source of Nutrition.

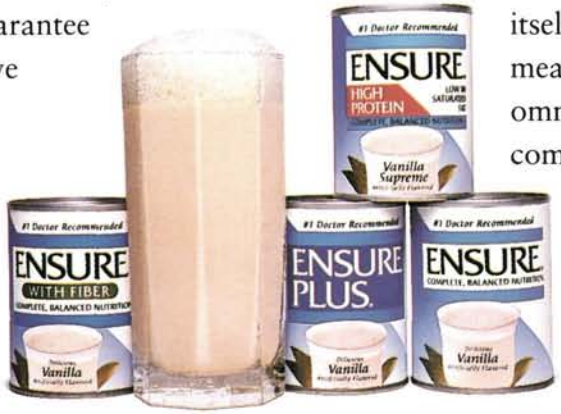
Most doctors will tell you that a key to good health is good nutrition. But even if you've taken steps to improve your diet by eating more lean meats, fruits and vegetables, you still may not be getting the balanced nutrition you need.

So how can you help guarantee that you and the ones you love get the right nutrition?

With Ensure.

Ensure is more than a vitamin supplement. It's complete, balanced nutrition in a delicious ready-to-serve drink that provides an excellent balance of protein, carbohydrate, vitamins and minerals. It's all the nutrition you need everyday to help stay healthy, be energetic and more active. Drink Ensure anytime. Enjoy it as a healthy meal by itself or as a healthy between-meal snack. Ensure is even recommended #1 by doctors as a complete source of nutrition.

So make sure you and the ones you love get the right nutrition. Drink Ensure and drink to your health.



Available in 11 Delicious Flavors.

© 1994 Ross Products Division Abbotts Labs.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

WANTED!

"I'm here to tell you about a Western ...best thing of its kind that's come along. It's honest. It's adult. It's realistic."

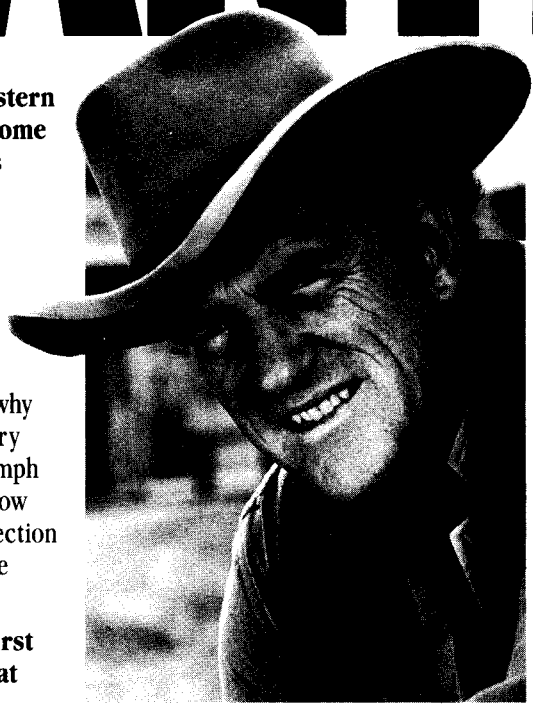
That's how, in 1955, John Wayne introduced the premiere episode of the Western that would become one of the most popular TV series of all time, GUNSMOKE.

Now you can see for yourself why America tuned into Dodge City every week for 20 years to see good triumph over evil. Because GUNSMOKE is now available for your home video collection — exclusively from Columbia House Video Library!

Fire off your order for your first Collector's Edition cassette at $15 savings!

Your introductory videocassette includes the premiere episode of GUNSMOKE, "Matt Gets It" — featuring the introduction by John Wayne. Plus three more half-hour shows: "Tap Day for Kitty," "Hack Prine" and "The Killer," starring Charles Bronson as a psychotic gunslinger who leaves a bloody trail — until he has to face Matt Dillon.

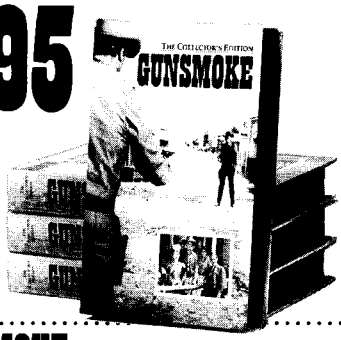
Come home to Dodge City's most beloved citizens: Milburn Stone as Doc Adams, Amanda Blake as Miss Kitty Russell, James Arness as Sheriff Matt Dillon and Dennis Weaver as Deputy Chester Goode.



GUNSMOKE

$4.95

for your introductory 4-episode videocassette



Enjoy it for 10 days risk-free. If you're not delighted, simply return it within 10 days for a full refund. Or keep it and pay just $4.95 — $15.00 off the regular price.

After that, you'll receive a new videocassette in the series about every four to six weeks. Each cassette comes in a colorful collector's slipcase with fascinating facts about the series and the production.

Enjoy old friends and dozens of celebrity guest stars

In each GUNSMOKE adventure, you'll meet up with crusty old Doc Adams... spirited saloon keeper Miss Kitty Russell ...slow-talking deputies Chester and Festus...and, of course, the legendary Matt Dillon, played by James Arness. You'll also delight at the big stars who pass through Dodge City: Bette Davis, Richard Dreyfuss, Jon Voight, Bruce Dern and Loretta Swit, to name just a few.

Each two-hour videocassette is yours to preview for 10 days risk-free. Yours to keep for only $19.95 plus shipping and handling and applicable sales tax.

There is no minimum number you must buy and you may cancel at any time.

Use your credit card to order and call toll-free 1-800-538-7766. Dept. VBP

COLUMBIA HOUSE VIDEO LIBRARY

©1993, The Columbia House Company

GUNSMOKE: THE COLLECTOR'S EDITION RISK-FREE SUBSCRIPTION FORM

☐ YES, rush my introductory videocassette for only $4.95 plus $2.45 shipping and handling (and applicable sales tax) and enter my subscription to GUNSMOKE: The Collector's Edition under the terms described in this ad.

Check method of payment: ☐ Check enclosed made payable to Columbia House Video Library. M67
☐ Charge my GUNSMOKE purchases beginning with my first cassette to: M68
☐ American Express ☐ Visa ☐ MasterCard ☐ Diner's Club ☐ Discover

Name _____ Account No. _____ Exp. Date _____

Address _____ Apt. _____ Signature _____

City _____ State _____ Zip _____ Phone Number _____

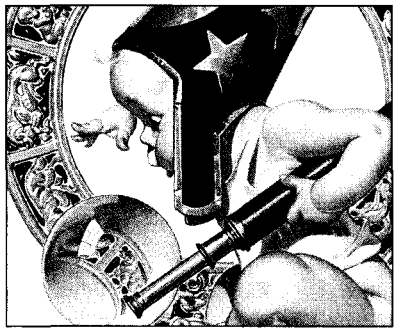
If I do not choose to keep my first videocassette, I will return it within 10 days for a full refund or credit to my charge account. Note: All subscriptions subject to review. Columbia House Video Library reserves the right to reject or cancel any subscription. Canadian residents will be serviced from Toronto. **Applicable sales tax added to all orders.**

Mail to: Columbia House Video Library, Dept. VBP, P.O. Box 1112, Terre Haute,IN 47811

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Timeless Tony Bennett—is "stepping out" with a whole new generation of fans. 34

The Greatest Gift—Theresa Liebold's baby, Sam, is alive because some kind person donated a tiny heart. 38



Cover Kids—J.C. Leyendecker's playful cherubs amused generations of *Post* readers. 56

Guiltless Mexican Food—from the Cooper Clinic provides tasty, low-fat versions of south-of-the-border favorites. 20

THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

TABLE OF CONTENTS, Jan./Feb. 1995 Vol. 267, No. 1

AMBASSADOR UNIVERSITY
LIBRARY

PO Box 111
Big Sandy, TX 75755

FICTION

The Unwelcome Tourists ..... *Hugh B. Cave* 46

FEATURES

And The Pig Goes, Like, "Not Me, Man!" ..... *Wen Smith* 18

The Ears Don't Have It ..... *Andrew A. Rooney* 22

Tony Bennett: Better Than Ever ..... *John Daly* 34

The Greatest Gift ..... *Patrick Perry* 38

Eating Out of Hand ..... *John Bohannon* 44

The Promise of Antioxidants ..... *Lester Packer & Jerome L. Sullivan* 50

Country Living—As It's Called ..... *Maynard Good Stoddard* 52

Cleaning Up Indoor Allergens ..... *Ted Kreiter* 54

In Celebration of Cherubs ..... *Steven C. Pettinga* 56

Strength Workouts ..... *Jane E. Brody* 62

DEPARTMENTS

Letters 4

Post People 12

Food: World-Class Casseroles ..... *George Jackson* 14

Heartbeat: Fiber, *Si!* Fat, No! ..... *Ted Kreiter* 20

Post Book Shelf: Norman Rockwell The Storyteller ..... *Elizabeth Rinck* 24

Post Scripts 26

Travel: Ropin' and Rhymin' ..... *Carolyn Hughes Crowley* 74

Travel: Shadowing C.S. Lewis .. *Tom Mannario and Jo Kadlecek* 78

Medical Mailbox ..... *Cory SerVaas, M.D.* 90

(Cover photograph by Jesse Frohman)

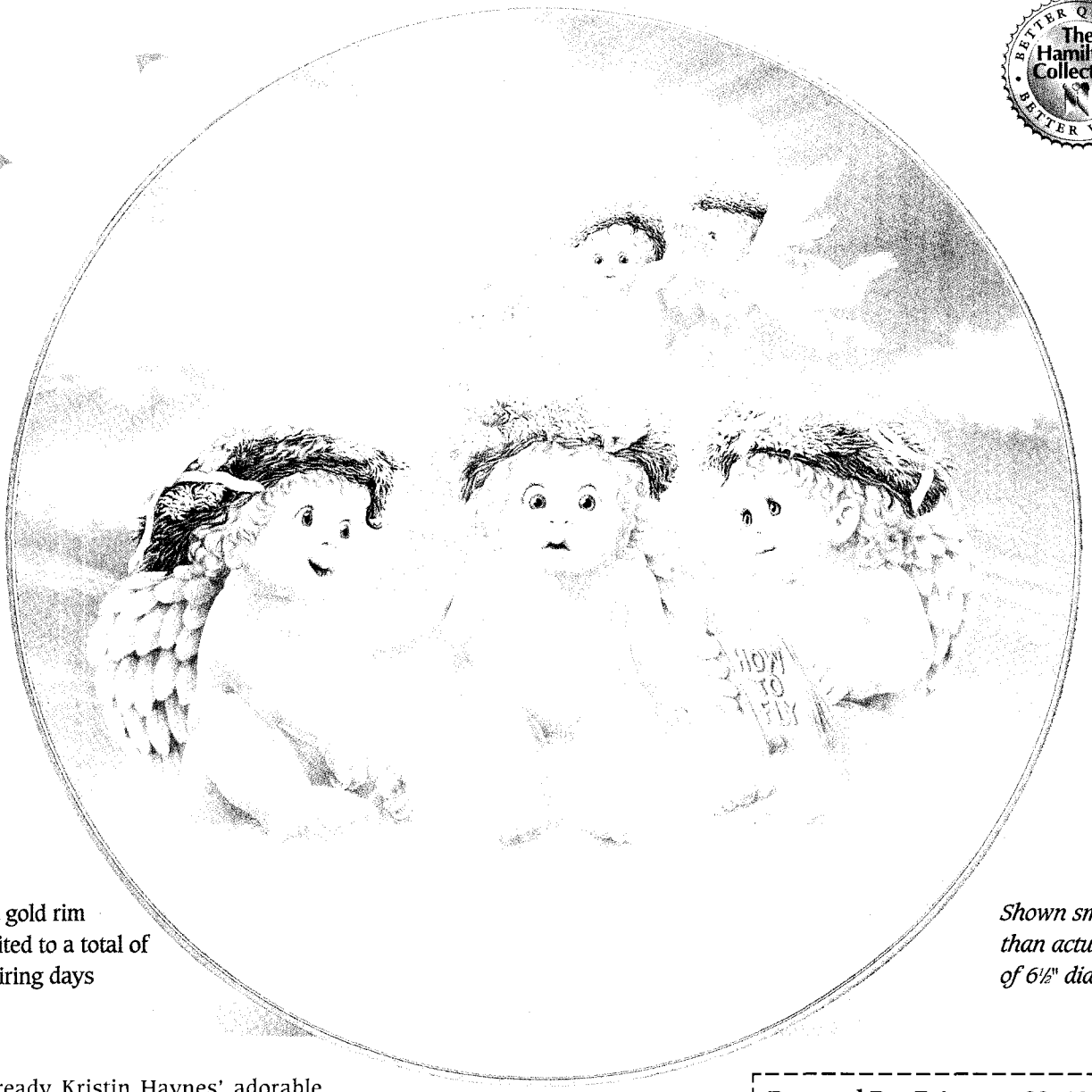
The Saturday Evening Post (ISSN: 0048-9239) is published bimonthly by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Printed in U.S.A. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

Copyright ©1995 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S. Patent Office.

Membership Subscription Prices: U.S. and possessions—1 year, $13.97. Canada and all other countries—$18.97. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Boulevard, Indianapolis, IN 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 7075, Red Oak, IA 51591-0132.** Allow six weeks for change of address. Unsolicited manuscripts, artwork, and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork, or photographs. The names of characters used in all *The Saturday Evening Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"One... Two... Three... Jump!"



- 23K gold rim
- Limited to a total of 28 firing days

Shown smaller than actual size of 6½" diameter

Already Kristin Haynes' adorable *Dreamsicles*™ sculptures have won the hearts of collectors worldwide ... and now her precious cherubs debut *for the first time ever* on their own porcelain plates!

"The Flying Lesson" shows a tiny, wide-eyed angel who's not quite sure he wants to use his new wings. Apprehension and excitement mix in his expression as he prepares to "take the plunge" off his cozy white cloud. Two experienced pals offer advise on "How to Fly" ... but every cherub must take this first "leap of faith" for himself!

With their rosy cheeks, chubby little figures and floral halos, the stars of "The Flying Lesson" premiere on a delightful plate that boasts a shining 23K gold rim. Each issue is accompanied by a Certificate of Authenticity and is hand-numbered on its reverse.

The Flying Lesson

Inspired by the art of

Dreamsicles™

Our 30 Day **100% Satisfaction Guarantee** assures you order at no risk. So don't miss this opportunity to acquire the **very first** *Dreamsicles* collector plate. Submit your order today!

© 1994 Cast Art Industries, Inc.
Manufactured under license from Cast Art Industries, Inc.

Respond By: February 28, 1995

Please enter my order for "The Flying Lesson." *Limit: One plate per collector.*

I need send no money now. On acceptance, I will be billed **$19.50*** when my plate is shipped. A601-21

Ms./Mrs./Mr._____

Address_____

City_____

State_____ Zip_____

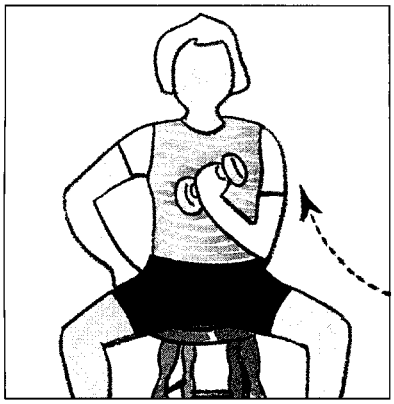
Telephone (_____) _____

Signature _____

***Plus $2.96 shipping and handling. Orders shipping to FL will be billed 6% state sales tax.** *All orders must be signed and are subject to acceptance.*

The Hamilton Collection
4810 Executive Park Ct., P.O.Box 44051
Jacksonville, FL 32231-4051

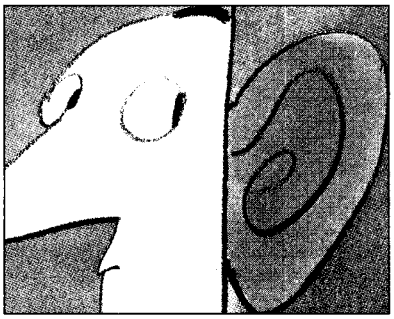
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Exercising for Strength—You're never too old to benefit from improved muscle power. **62**

The Antioxidant Promise—Includes widespread, low-cost protection from cancer, heart disease, and the health problems of aging. **50**

A Mitey Little Problem—Dust mites are foremost among a group of tiny indoor allergens that plague millions of Americans. **54**



Ear-itation—If the human body were ever reengineered, says Andy Rooney, those strange appendages would be the place to start. **22**

Letters

Here, Kitty, Kitty!

I am writing you about the article in your Nov./Dec. 1994 issue on Key West by Holly G. Miller. I just thought you should know for future reference that there is not a waiting list to adopt cats at the Hemingway Home and Museum. The adoptive program was stopped about four years ago. The reason I know this is because I work at the museum.

Key West is a great place to visit, especially during winter or spring because the weather is great. We are still wearing shorts and going to the beach. Hope you can come and visit Key West sometime for yourselves.

Cheyenne Overton-Gaston
Key West, Florida

Eating Our Words

First, let me say that I enjoy your publication beyond measure—it brings back memories of my youth, which goes back at least to the '20s. And, of course, your stories, features, illustrations, and cartoons.

However, I suggest you research your use of Yiddish before you roll the presses! In the Nov./Dec. '94 issue, page 62, you tell the story of Norman Rockwell's "Niblets" illustration, in which you say (the capitals are mine): "... a boy pigging out on an ear of hot, buttered corn on the cob. As his sturdy teeth NOSH along the rows...."

I don't speak Yiddish, but am devoted to Leo Rosten's *Joys of Yiddish*, from which I now quote:

"NOSH—from the German *nachen*: to eat on the sly. A snack, a tidbit, a 'bite,' a small portion."

I cannot reconcile "pigging out" with "nosh"! Better to use "fressing," from the German *fress*, meaning "devour."

I've heard, if memory serves correctly, the German saying "*Essen, nicht fressen*" said to kids, meaning: "Eat like a gentleman or lady, not like a dog or a pig."

Is there any chance that you'll rerun "Tugboat Annie" or the stories of Mr. Glencannon?

Best regards and, again, thanks for your wonderful magazine, even if it DOES cost more than the nickel we used to pay!

Robert B. Rosenthal
Mason City, Iowa

EDITORIAL
Cory SerVaas, M.D., *Editor-in-Chief*
Ted Kreiter, *Executive Editor*
Maynard Good Stoddard,
Patrick Perry, *Senior Editors*
Jack Gramling, *Copy/Research Editor*
Jean B. Rose, *Assistant Copy Editor*
Holly G. Miller, *Travel Editor*
Steven Pettinga, *Permissions, Cartoons, Post Scripts, Archives*
Joan Durham, *Licensing & Copyrights*
Bernice A. Dabner, *Associate Food Editor*
Amy Roesler, *Animals & Pets Editor*
Wendy Braun, R.N., *Medical Writer*
Paul SerVaas, *Contributing Editor*
Anita Myers, *Associate Television Producer*

EDITORIAL BOARD
William H. Beeson, M.D.; Edwin Brown, M.D.; Jack H. Hall, M.D.; C. William Hanke, M.D.; Doloris Morgan, M.D.; Ben Park, M.D.; Elizabeth S. Peterson, M.D.; William L. Young, M.D.; Elizabeth Grossman, R.N., Ed.D; Emily Holmquist, R.N.

ART & PRODUCTION
Dwight Lamb, *Production Manager*
Chris Wilhoite, *Art Director*
Penny Rasdall, *Art Associate*
Greg Vanzo, *Technical Director*

CIRCULATION
Joseph L. Swaynie, *Circulation Executive*
John A. Simmons, *Circulation Director*
Georgia Ratliff, *Subscription Manager*

ADVERTISING OFFICES
INDIANAPOLIS
1100 Waterway Boulevard,
Indianapolis, IN 46202
(317) 636-8881, Telex 27-440
Fax (317) 637-0126

Robert Silvers, *Executive Publisher*
John Michel, *Associate Publisher*
Don Sutton, *Marketing Director*
Karen Smith-Swaynie,
Advertising Administrator
Melinda Scalf, *Account Executive*
Phyllis Lybarger, *Special Sections Director*

Corporate Advertising
Janet Andersen
1813 Tropical Breeze Drive
Las Vegas, NV 89117
(702) 255-8068

Direct Response & Mail Order
Bob Bernbach
R.B. Advertising Representatives, Inc.
677 Commerce Street
Thornwood, NY 10594 (914) 769-0051
Fax (914) 769-0691

Media Options
Joseph Failla & Rosalie Failla
52 Yellowbrick Road
Wayne, NJ 07470 (201) 633-5950
Fax (201) 694-8371

NEW YORK
(212) 682-3925

SOUTHEAST
Carl Crombach
1931 Sweetwater Drive
Clarksville, GA 30523
(706) 754-3025
Fax (706) 754-8220

DETROIT
Gil Paczewitz
24693 Timber Ridge Trail
Flat Rock, MI 48134
(313) 692-0132

WESTERN REGION
Paul Palmeri
P.O. Box 7550
Van Nuys, CA 91409 (818) 993-1820

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

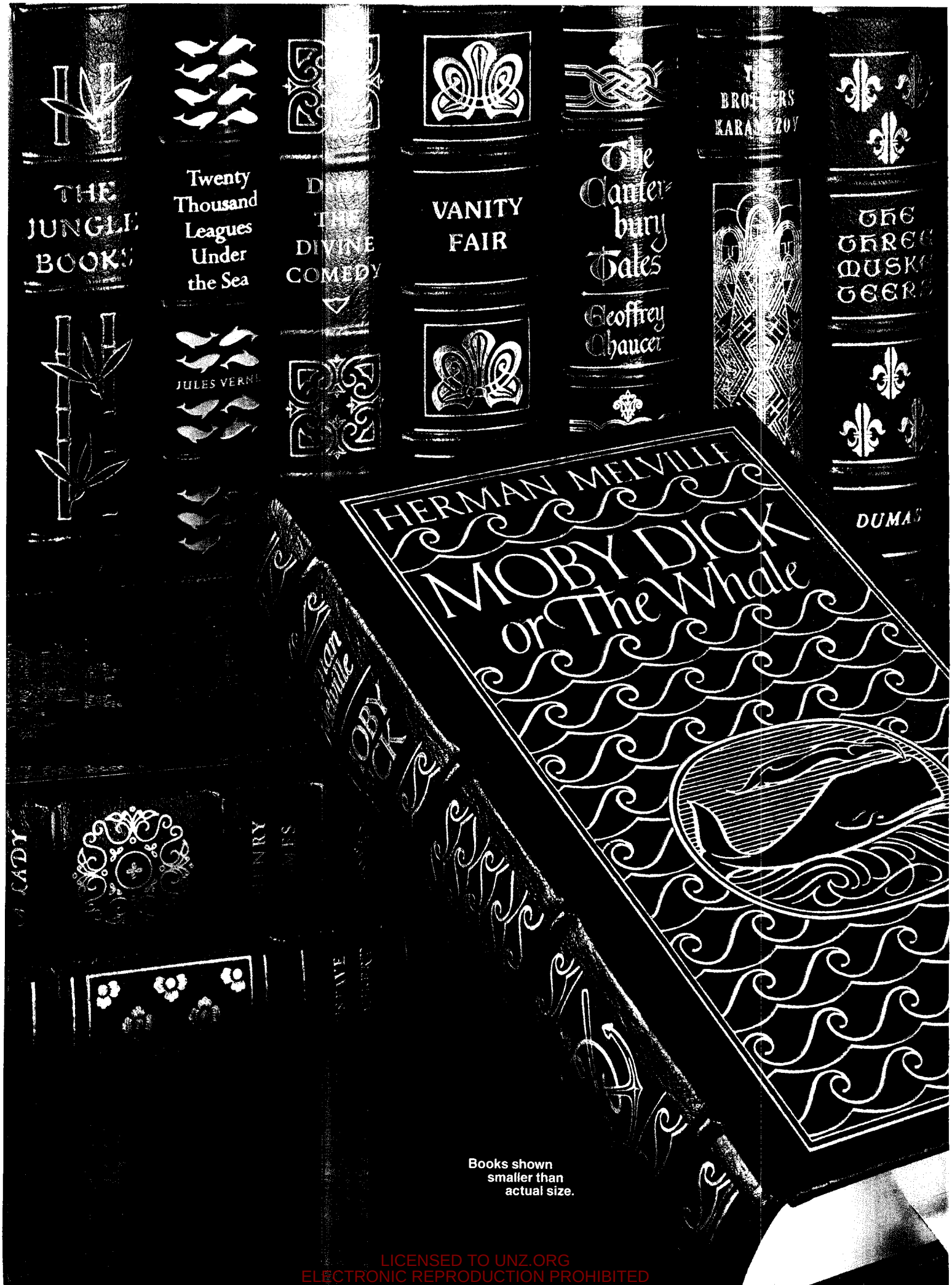
Utterly Tasteless.

Get the soothing relief of Pepto-Bismol in a taste-free, easy-to-swallow pill. Pepto-Bismol Caplets coat in seconds, and comfort food-related indigestion, upset stomach or diarrhea.

Pepto-Bismol Caplets

Use only as directed.©1994 Procter & Gamble

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Books shown smaller than actual size.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Own one of these leather-bound books for only $4.95...the price of a paperback!

THE 100 GREATEST BOOKS EVER WRITTEN

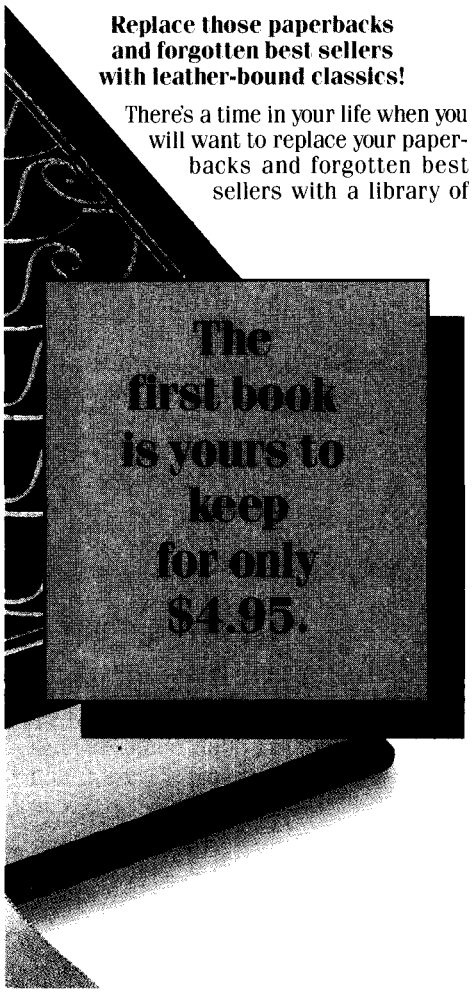
The finest edition you can find of Moby Dick is the great Easton Press leather-bound edition. Now you can have this luxurious book (a wonderful value at its regular price of $39.50) for the price of a paperback—only $4.95—with no obligation to buy any other book. You can keep Moby Dick for $4.95 forever!

Why is The Easton Press making this, dare we say it, whale of a deal? Because we think you'll be delighted and astonished when you see the quality of your first Easton Press leather-bound edition. When you feel the quality of the leather, and hold the heft of the book. When you look at the beauty of the binding, and see the gleam of the 22kt gold inlaid on the spine!

Frankly, we are hoping you will be so taken with this first volume that you will want to own additional leather-bound editions from The 100 Greatest Books Ever Written. But you are under no obligation to do so.

Replace those paperbacks and forgotten best sellers with leather-bound classics!

There's a time in your life when you will want to replace your paperbacks and forgotten best sellers with a library of beautiful and important books. That's what a great library is all about...books so magnificent that they are your pride and joy... a statement about you. And a library of leather-bound books is the best of all.



Each book bound in genuine leather with accents of 22kt gold.

Real Value!

The books in this collection are a *genuine* value, not cheap reprints. Not poor-quality editions in imitation leather. Easton Press editions are the real thing. Real leather editions of the finest quality. Heirloom books elegantly bound and printed on acid-free paper so that they will last for generations.

Yet the cost is not expensive. For little more than the price of ordinary-looking hardcover books you can own these extraordinary editions — books that are admired and collected in 131 countries around the world. Books that you will be proud to display in your home — forever!

Classics by Brontë. Dickens. Dostoyevsky. Shakespeare. Twain.

Who remembers most of yesterday's best sellers? You can be sure the world will never forget the works of Shakespeare. Milton. Dostoyevsky. Dickens. Tolstoy. Twain. These are the greatest authors of all time — represented here by their greatest works! (We include a list of all the titles with your $4.95 book; you then get to choose which books **you** want to receive!)

Each volume is custom-bound for you.

You don't see luxurious leather-bound books in most homes, which is all the more reason you'll be proud to see them in yours! Nor do you see these Easton Press leather editions for sale in bookstores. They are made available directly to you — with no bookstore mark-up and no distribution excesses. This is what lets us keep the price low and the quality high.

Superior craftsmanship and materials go into each Easton Press edition. Premium-quality leather. Acid-neutral paper. Gilded page ends. Satin ribbon page markers. Moiré fabric endsheets. Superb illustrations. Hubbed spines accented with precious 22kt gold.

At just $4.95 you have nothing to lose!

Own Moby Dick for $4.95. For the price of a paperback, own this luxurious edition outright. Then, whether you buy anything further is entirely up to you. Obviously, you get this book for a fraction of what it costs us to make. We do so in confidence that you will be truly impressed.

To take us up on this unusual opportunity, simply call us, toll free, at the number shown, or mail the reservation application below.

CALL TOLL FREE:
1-800-367-4534, Ext. 1-5175

The Easton Press

©1994 MBI

Reservation Application

The Easton Press
47 Richards Avenue
Norwalk, Conn. 06857

Yes...send my leather-bound edition of Moby Dick for me to keep forever at just $4.95...and reserve my subscription to The 100 Greatest Books Ever Written. If I like this book, send me further editions at the rate of one per month at $39.50* each—with this price ($39.50) held firm for the next two full years!

I understand you will send me a list of all the titles in the collection. I can tell you which, if any, I do not want, and I am free to tell you then to send me no further books at all if that is my decision. I may return any book within 30 days for a refund, and either party may cancel this subscription agreement at any time.

Here's how I want to pay for my $4.95 Moby Dick and future volumes (unless I tell you to cancel):

☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Credit Card No. _____ Expiration Date _____

☐ I prefer to pay by check. ($4.95 enclosed).

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

All orders subject to acceptance.

*Plus $3.75 for shipping and handling and any applicable sales tax.

1-5175

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A Cure for Colitis?

I have read with keen interest your very illuminating articles about inflammatory bowel disease, about the remarkable accomplishments of Dr. Barry Marshall, and the most intriguing experience of Dr. Mary Stolberg with her very debilitating illness.

I am an 83-year-old retired radiologist. For over 40 years, I have had chronic ulcerative colitis, involving the left side of my colon. Five years ago, I had developed a napkin ring-type cancer in the middle third of my descending colon. Due to my failure to contact the famed Mayo Clinic, I landed at a hospital in Washington, D.C., through the recommendation of my gastroenterologist. The neoplastic surgeon, perhaps thinking that in view of my old age (78) my life span probably was very limited, did a simple resection of the carcinoma (Stage II), leaving a good eight-to-ten-inch-long distal rectosigmoid. Ever since the operation, off and on, I have debilitating flareups. Through the advice of my gastroenterologist, my present medication consists of cort-enemas and tincture of opium for diarrheas, with not completely satisfactory results.

When I happened to read Dr. Mary Stolberg's article (although she had Crohn's disease with ulcerative proctitis) and how remarkably her disease responded to the broad-spectrum antibiotic-Biaxin treatment, I decided to contact you, Dr. SerVaas, to get some additional information about what dosages Dr. Stolberg had used and how long she had to keep up with her Biaxin. Many years ago, before the era of cortisone, large doses of penicillin-streptomycin injections—for a two-week period—nearly completely seemed to cure my illness.

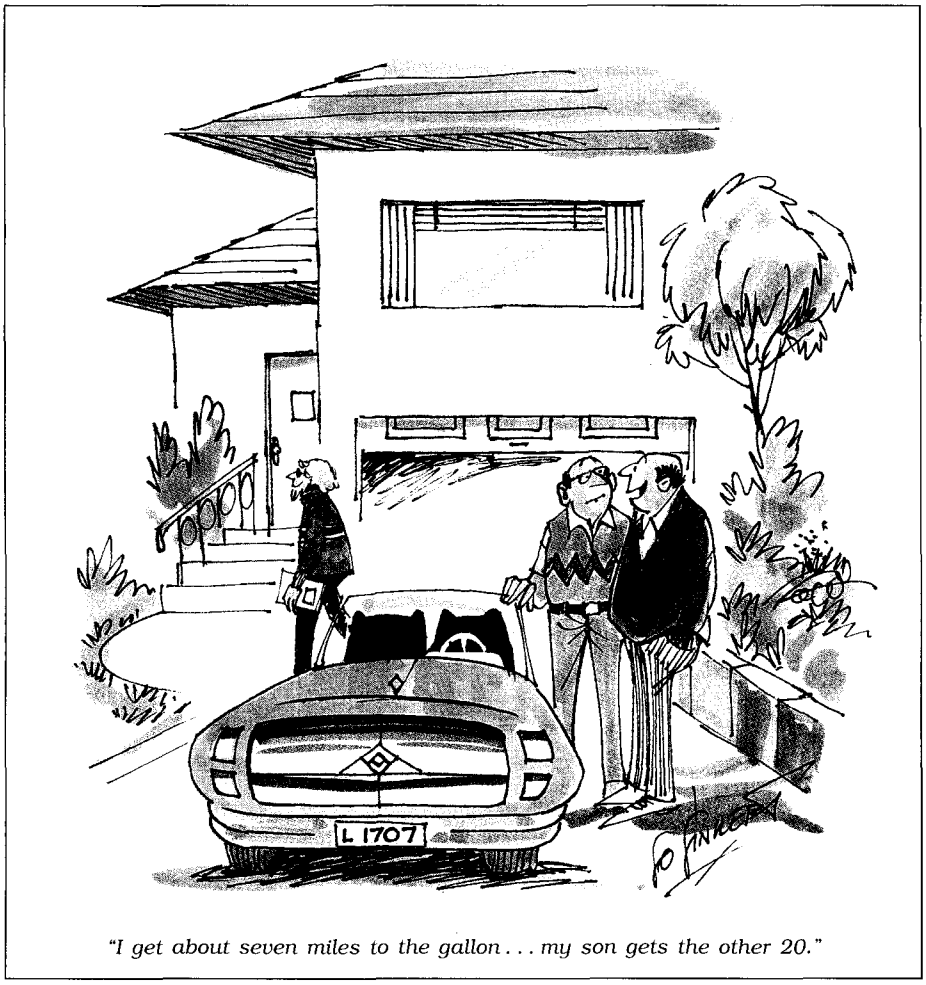
And now, Dr. SerVaas, I want to express my sincere admiration for your very outstanding journalistic contributions. It is, indeed, most remarkable in view of the fact that as a faithful subscriber of *The New England Journal of Medicine,* I had to have the most up-to-date information about one of the most neglected diseases from your always entertaining, laughter-giving *Saturday Evening Post.* Indiana Congressman Dan Burton feels that Dr. Marshall should be nominated for the Nobel prize. Dr. SerVaas, I feel very strongly that no one should deserve the Nobel prize for the exceptional contributions to human welfare more than—along with Dr. Marshall—the humble *Saturday Evening Post* and its extremely compassionate editor, Dr. Cory SerVaas.

B. John Toth, M.D.
Coral Gables, Florida

Editor's note: Dr. Mary Stolberg tells us she was prescribed a two-week course of Biaxin (500 mg) twice daily, amoxicillin (500 mg) twice daily, and Prilosec, 40 mg each morning and 20 mg each evening. This regimen was followed by a second two-week course of amoxicillin as added insurance.

We contacted Mary Stolberg before going to press. She continues to feel great and remains free of Crohn's symptoms.

"It's hard to believe that I lived with that muck for so long on such a steady basis," Mary told us.



"I get about seven miles to the gallon . . . my son gets the other 20."

Read the Article, Read the Book!

As I began reading your very enjoyable article, "Norman Rockwell's Double Life," in the current issue of the *Post*, I wondered if you had ever seen my book on Mr. Rockwell's advertising art. When I got to page 60 and noticed my name and discussion of our book, I realized you had, and I thank you for the mention.

I'm sure you are aware that our three-volume set of books, *Norman Rockwell and The Saturday Evening Post*, has just been reprinted for the third time and is in bookstores across the country. I am very hopeful *The Advertising World of Norman Rockwell* will be reprinted at some future time. Authoring the book was a labor of love, and I'm sure you had equal pleasure writing your article.

Finally, and most important, after reading the *Post* for my entire life and collecting almost every copy, seeing my name in bold print in the magazine is a very special thrill.

Dr. Donald R. Stoltz
Philadelphia, Pennsylvania

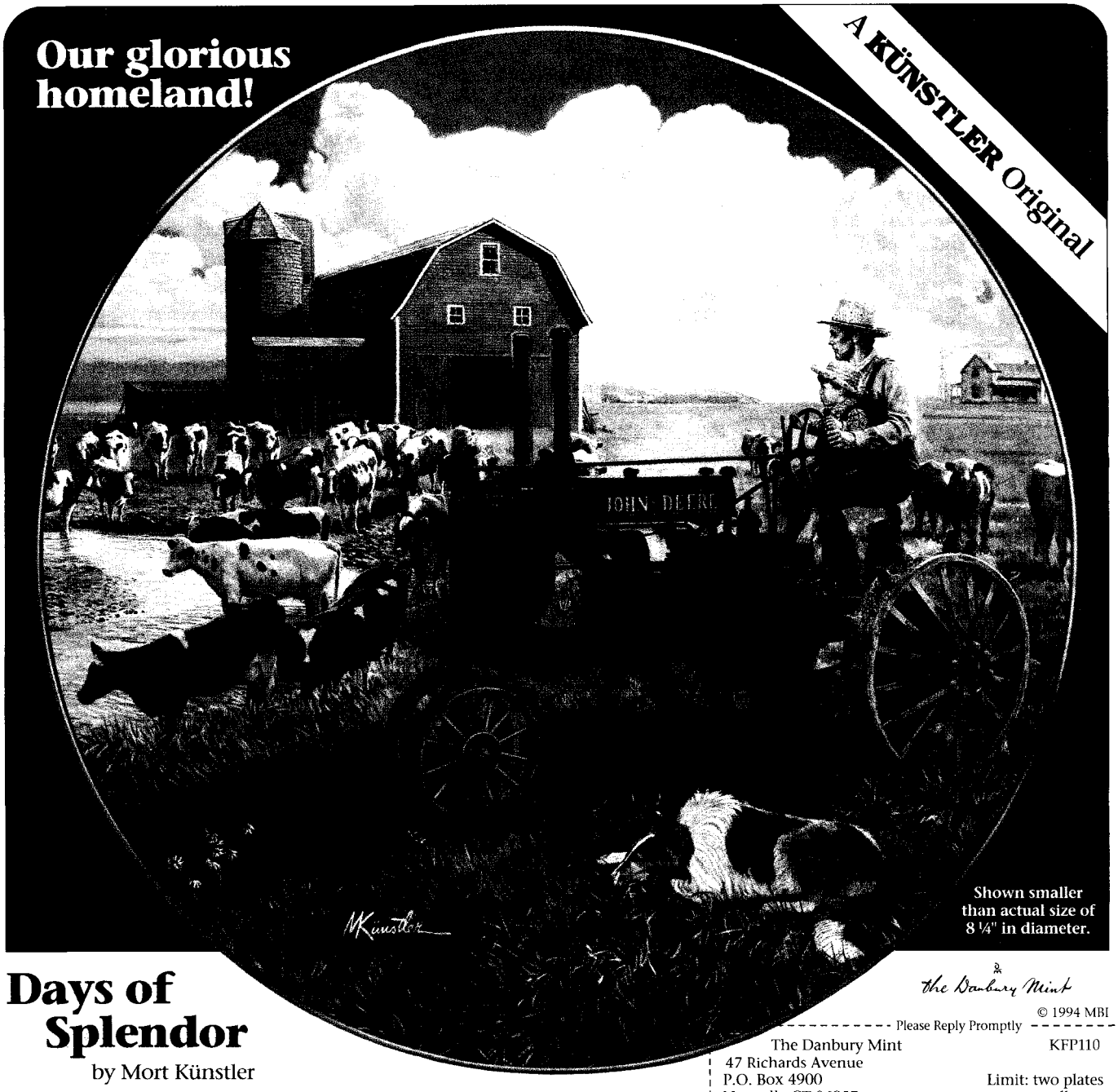
Surbex Redux

Really enjoyed the Sept./Oct. '94 issue. My problem is that one sister has an ulcer and another has Crohn's, and I keep speed-reading them so I can mail them on to one or the other. Please enter gift subscriptions for my sisters, not that I wasn't taught to

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Our glorious homeland!

A KÜNSTLER Original



Shown smaller than actual size of 8 ¼" in diameter.

Days of Splendor

by Mort Künstler

A numbered limited-edition collector plate trimmed in 23kt gold.

To some it was just a tractor. To this father and son, it was a magical machine that helped feed our glorious nation. Recall the generations of farm families that have selflessly nurtured our precious land. As mainstays in the American way of life, they have cared for their land through many hardships, tending it with pride and dignity. What was the secret of their strength? Their love for one another.

This glorious image confirms Mort Künstler's reputation as the dean of American historical artists. His works appear in the permanent collections of the Museum of American History at the Smithsonian and the White House. A true passion for realism and historical accuracy have shaped Künstler's powerful style and the finest qualities of his works are present in "Days of Splendor."

A Limited Edition.

"Days of Splendor" is limited to an edition size of 75 firing days. Each numbered plate will be trimmed with a band of 23kt gold and accompanied by a personalized Certificate of Authenticity. *This plate is available exclusively through the Danbury Mint.* All this, and the price is just $29.90.

No Obligation — No Risk.

You can acquire "Days of Splendor" with our *Guarantee of Satisfaction.* If you are not delighted with your plate, you may return it for replacement or refund within 30 days.

"Days of Splendor" is a true testament to the dedication and courage of farmers throughout history. For years to come, you will treasure Mort Künstler's heartwarming view of the American family farm. To avoid disappointment, reserve yours today.

the Danbury Mint

© 1994 MBI

Please Reply Promptly

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

KFP110

Limit: two plates per collector

Please accept my reservation for "**Days of Splendor.**" Reserve ____ (1 or 2) plate(s) at $29.90 each (plus $2.95 shipping and handling—total $32.85*).

Check ☐ My check or money order is enclosed.
One: ☐ Charge my credit card upon shipment.
☐ VISA ☐ Discover ☐ MasterCard ☐ Am. Ex.

Credit Card No. _____ Exp. Date _____

Signature: _____

Name: _____
Please Print Clearly

Address: _____

City: _____

State/Zip: _____

Name to print on Certificate(s) of Authenticity (if different from above).

Allow 4 to 8 weeks for shipment. All orders subject to acceptance.
*Any applicable sales tax will be billed with shipment.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

share, but I would rather have them around for a little while!

Also in your letters section this issue, someone wrote about obtaining Surbex-T vitamins from an AARP pharmacy. I hope young women realize that it is a B vitamin that does *not* contain folic acid, and childbearing-age women should probably find a different one to take. In my case, the absence of the folic acid has helped me significantly with a skin condition that gives me "hive" problems.

Thanks for your magazine and all the information we glean.

Joan M. Pfaff
Pendleton, Oregon

Editor's note: Women of childbearing potential should be taking 400 mcg of folic acid each day to help prevent brain and spinal cord defects in a developing baby. The AARP pharmacy network sells Formula 162, Surbex 750 B with Iron, and Surbex 750 B with Zinc, all of which provide the recommended amount of folic acid. As you note, Surbex-T does not contain folic acid.

A Beautiful *Swan*

Just wanted to let you know that your article in the Sept./Oct. '94 issue on the animated film, *The Swan Princess*, was really interesting, and I'm certainly looking forward to seeing the movie. Nest Entertainment sounds like an interesting place to work, full of creative people who seem to enjoy what they do. Is there an address to which I can write?

Becky J. Beason
Fairbanks, Alaska

Editor's note: Nest Entertainment's address is 6100 New Colwell Blvd., Dallas, TX 75039.

Don't Skimp on the Cartoons!

The *Post* has long been famous for its cartoons.

Many other general magazines have for some inexplicable reason reduced the number of cartoons they carry or dropped them altogether. Yet we all know that cartoons are, as always, immensely popular with readers, and unless there is a profound change in human nature, that will continue to be the case.

I, for one, do hope *The Saturday Evening Post* doesn't succumb to this trend and maintains its laughable traditions.

J. Bryant
Toronto, Ontario, Canada

Know Him? "I Do!"

Dear Dr. SerVaas:

In the 1940s, I worked several years for the U.S. Department of Agriculture in Costa Rica. While there, I knew an interesting chap with the last name of SerVaas, first name Beurt. SerVaas is far from a common name in the U.S. Therefore, I suspect he may have been of your family. He was employed by some agency of the United States Embassy at that time.

I'm curious to know whether you know of him. Is he perchance still living? He would have to be in his 70s.

I would appreciate a response from you if you have information. If you have an address, I may drop him a note "for old time's sake!" Thank you.

Ernest P. Imle
Adelphi, Maryland

Editor's note: Your editor found that "interesting chap" one Sunday morning in 1948 at a Dutch Reformed Church in Manhattan. Two years later, we were married. He's still very much alive—with his first wife, five children, and 16 grandchildren.

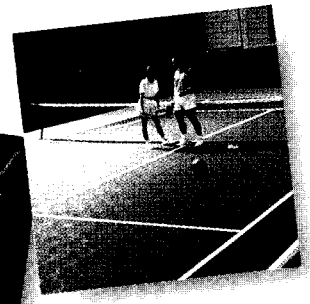
When you knew him, he was serving with the American Intelligence Command and was dating a pretty Spanish girl named Isabelle. Fortunately for me, that romance ended when he was sent to China as a naval officer with the OSS. I found him after he'd survived many narrow escapes in a four-year stint in the Far East. He's still a world traveler and patriot.

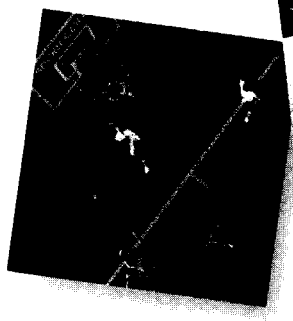
As a fledgling editor in New York, but fresh from the Iowa cornfields, your *Post* editor found your "interesting chap" in a Manhattan Dutch church.

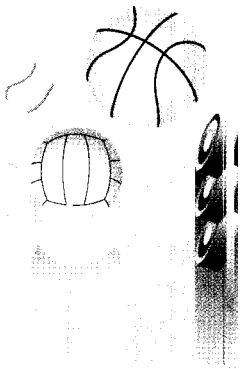
"Judy, the 'Saturday Evening Pest' is here."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Enjoy 15 sports and games in 1/3 the space of a tennis court.







SPORT COURT®

Call for a free brochure, video, and the name of the dealer nearest you.

Copyright 199

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Post People

They made it happen. On July 1, 1994, the U.S. Postal Service issued five Norman Rockwell stamps. At the Norman Rockwell Museum in Stockbridge, Massachusetts, ***Joan Durham***, a trustee of the museum and president of The Curtis Publishing Company, shared the honor of unveiling the 29-cent stamp, featuring *Triple Self-Portrait*, with Museum Board President ***Lila Berle***.

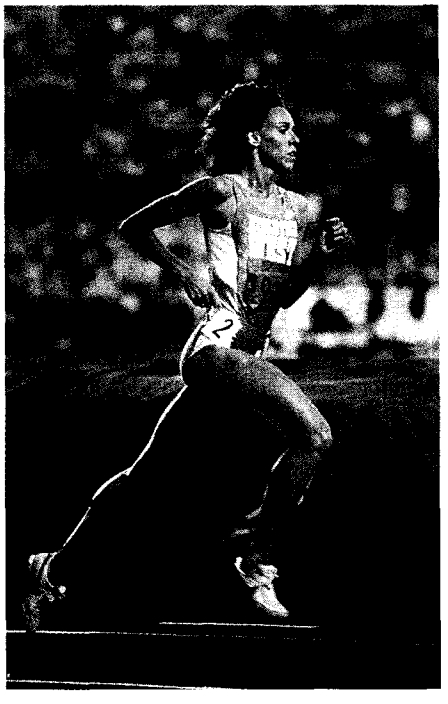
The original work appeared, of course, as one of the 324 covers Norman Rockwell painted for *The Saturday Evening Post.*

The four other Norman Rockwell commemorative stamps, released by the Postal Service, are 50-cent stamps. Each stamp depicts one scene from Rockwell's well-known series, The Four Freedoms.

Originally appearing in *The Saturday Evening Post* in 1943, the "four freedoms" were proclaimed by President Franklin D. Roosevelt during World War II as freedoms from want and fear and freedoms of speech and worship. Norman Rockwell immortalized the freedoms in his famous series. ▲

It has been more than ten years since ***Mary Decker***, in the final laps of the 1984 Olympic women's 3,000-meter track-and-field race, got cut off by South Africa's Zola Budd and crashed to the track.

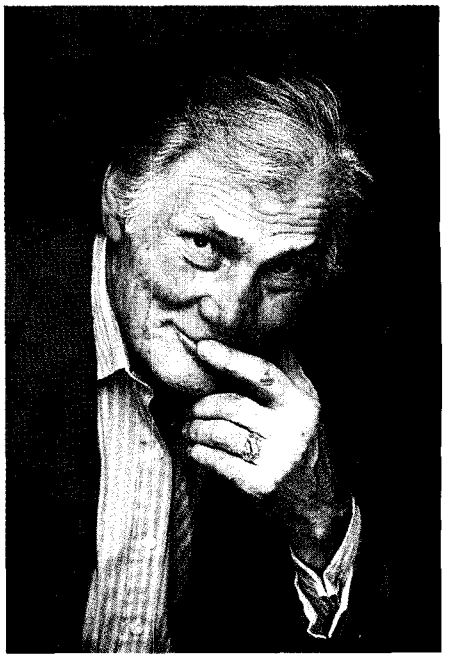
"I don't hate her," Decker (now Mary Decker Slaney) says of Budd. "I hated only that it was an opportunity for me that got messed up."



Opportunities have been many since that dramatic episode. Slaney has compiled 36 American and 17 world records. Her training regimen of 70 miles a week, however, has taken its toll—20 operations to repair shin splints, inflamed Achilles tendons, and a heel-bone disfigurement.

"They cut a lot of heel bone off," observes her husband, Richard. Although this might be enough to make most people think of hanging up their jogging shoes, America's greatest middle-distance runner is not most people. ▲

After a term on the Broadway stage, scores of films, and a four-year stint on television as host of "Ripley's Believe It or Not," ***Jack Palance*** (born Walter Jack Palahnuik) is best remembered by young fans for *City Slickers* and his 1992 Oscar acceptance speech, complete with those one-arm push-ups.

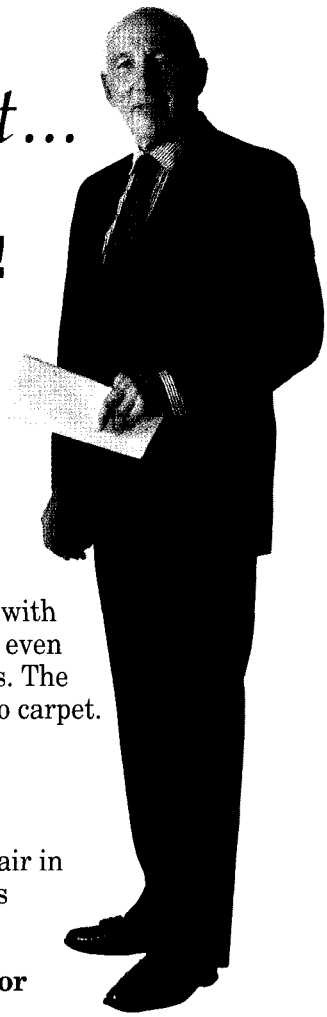


Scratch the surface of this 75-year-old tough guy with the leathery visage (the result of a World War II bomber accident that burned his face), and it's said you'll find an old softy underneath. Palance admits he'd rather be at his easel painting than fighting, as he does in *City Slickers II: The Legend of Curly's Gold*, in which he plays the late leatherneck's twin brother.

A journalism graduate from Stanford University, Palance had begun a career as a reporter in San Francisco—until his first job offer carried the handsome pay of $35 a week. The decision to switch his profession to acting has rewarded him somewhat more handsomely—believe it or not. ▲

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

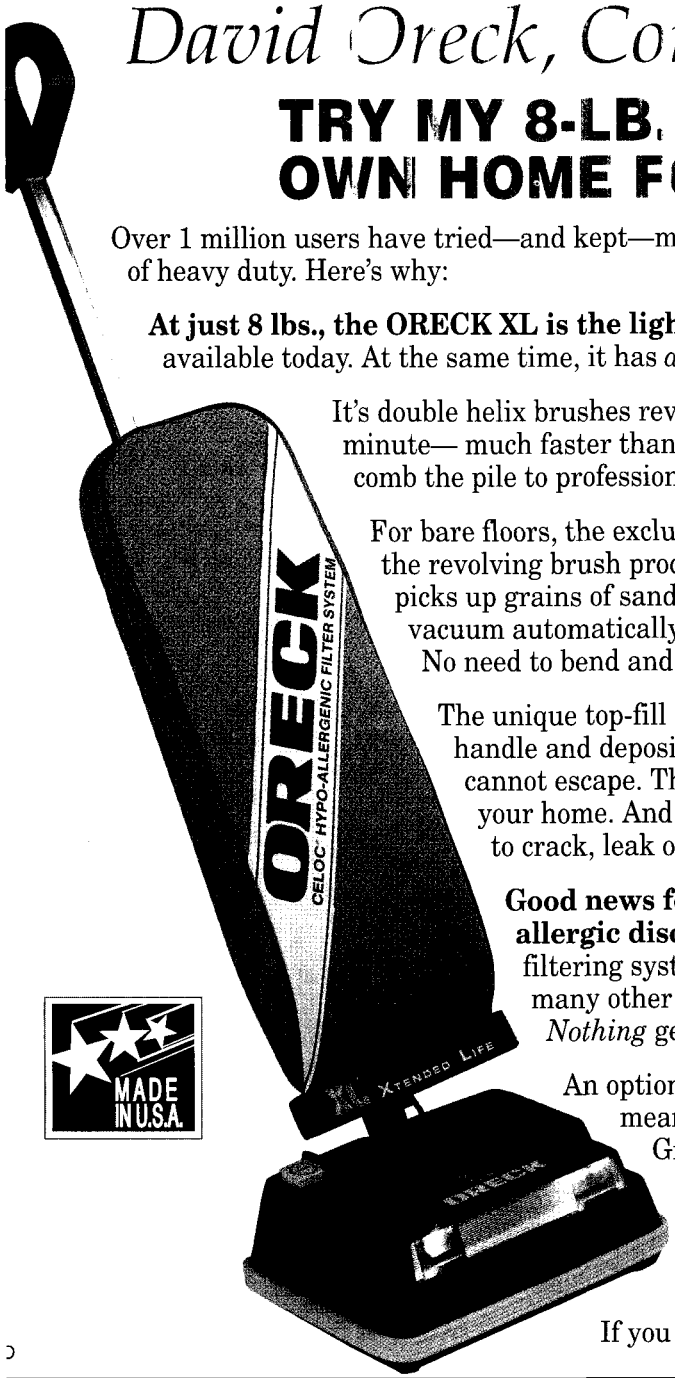
A Personal Invitation from David Oreck, Company President...



TRY MY 8-LB. ORECK IN YOUR OWN HOME FOR 15 DAYS FREE!

Over 1 million users have tried—and kept—my ORECK XL vacuum for years of heavy duty. Here's why:

At just 8 lbs., the ORECK XL is the lightest full size upright available today. At the same time, it has *amazing* power.



It's double helix brushes revolve at an incredible 6,500 times a minute— much faster than other commercial models. They lift and comb the pile to professionally groom your carpets.

For bare floors, the exclusive Microsweep® working in combination with the revolving brush produces 70 million brush strokes a minute. It even picks up grains of sand from a kitchen floor or other hard surfaces. The vacuum automatically adjusts itself in going from tiles to wood to carpet. No need to bend and adjust.

The unique top-fill action carries dirt up through the metal handle and deposits it at the top of the bag. Yesterday's dirt cannot escape. There's virtually no after dust to pollute the air in your home. And the top-fill metal tube works without hoses to crack, leak or break —*ever*.

Good news for those who suffer from dust-related or allergic discomforts: the CELOC® Hypo-Allergenic filtering system traps pet hairs, dust mites, pollen and many other common irritants. *Nothing* gets by an ORECK!

MADE IN U.S.A.

An optional Helping Hand® handle, ergonomically designed, means you don't have to squeeze your hand or bend your wrist. Great for hand and wrist problems. Features like these have made the ORECK XL the choice of over 50,000 hotels, airports and other high traffic, heavy duty sites.

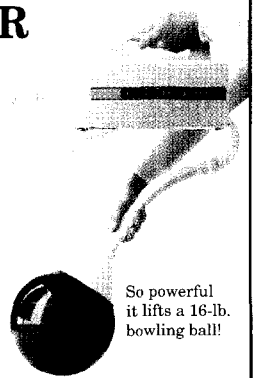
Why not try my ORECK XL in your own home— without cost or obligation— and see for yourself. If you don't love it, you don't keep it.

FREE WITH PURCHASE

SUPER POWERFUL COMPACT CANISTER

or everything above the floor.

.b. dynamo has the cleaning power of a avy industrial machine. Hand holdable shoulder-worn, it cleans under frigerators...car seats...books...13-foot ilings ...high corners...drapes...blinds... even pewriter, computer and piano keys. mplete with 8 accessories. It's yours REE when you purchase an RECK XL Upright.



So powerful it lifts a 16-lb. bowling ball!

ORECK CORPORATION *Established 1963*

NOTHING GETS BY AN ORECK

reck Corporation, 100 Plantation Road, New Orleans, LA 70123

FOR A FREE BROCHURE—CALL NOW TOLL-FREE
Or fill in and mail coupon today. No Salesperson will visit

1-800-989-4200 EXT. 79018

79018

ORECK CORPORATION
100 Plantation Road, New Orleans, LA 70123

☐ Yes! I want to learn how the ORECK XL Hotel Vacuum can help me clean my home faster, easier and more effectively. Please send me your FREE information kit, without cost or obligation.

I understand I will receive absolutely FREE a Super Compact Canister, with the purchase of the ORECK XL Hotel Vacuum.

☐ Also include details of ORECK's Extended Payment Plan with No Interest or Finance Charge.

Name_____
(please print)

Address_____

City_____ State_____ Zip_____

Telephone (_____) _____
area code (optional)

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FOOD

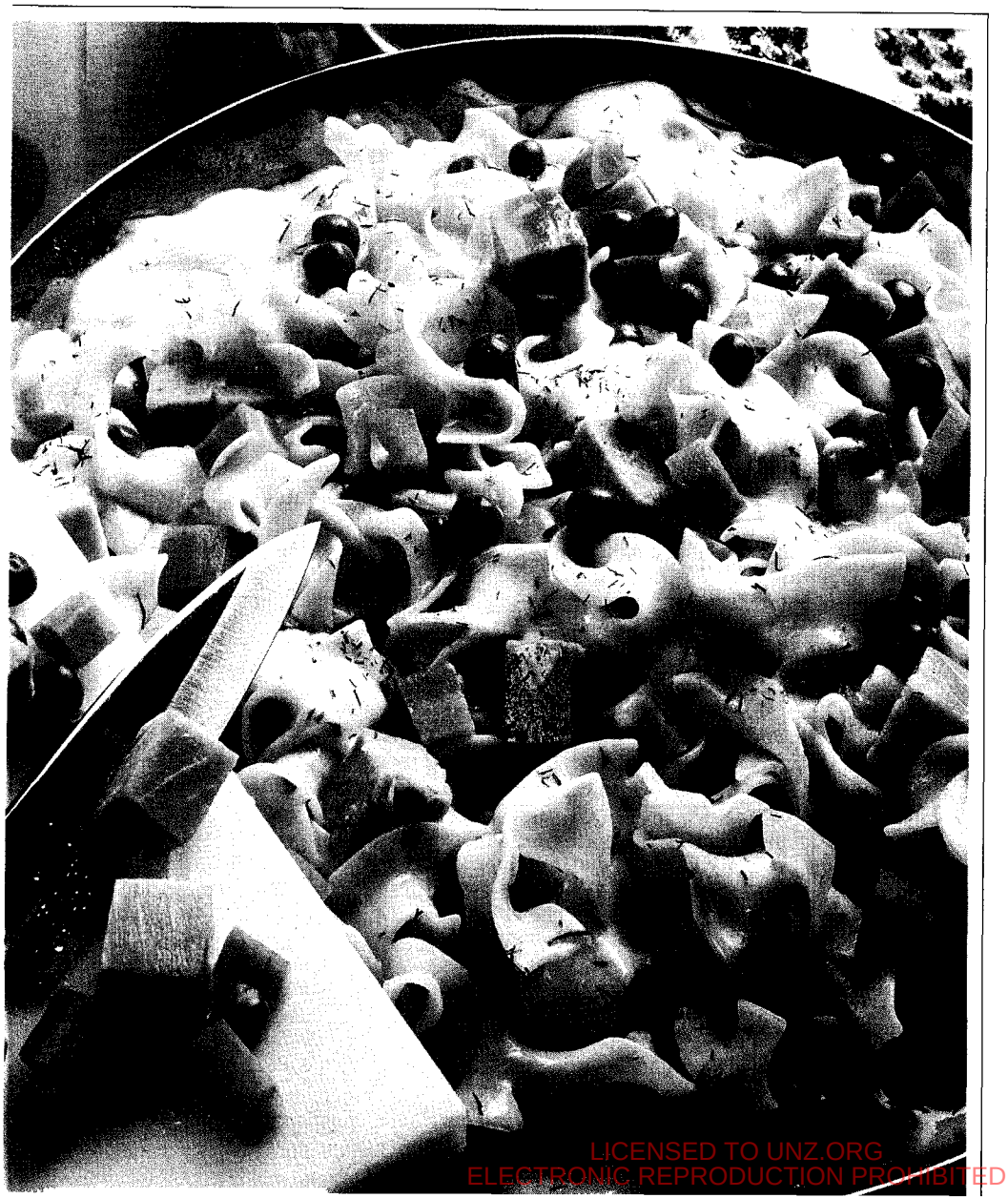
WORLD-CLASS CASSEROLES

For variety and ease of preparation, casserole dishes are universal favorites.

by George Jackson

Greeks meld lamb, tomato, ricotta cheese, and spaghetti in a tasty creation called *pasteetsah*. Finns make a rib-sticking *maksalaatikko* with liver, rice, and molasses. Brazilians concoct exotic combinations of chicken or seafood, fruit, rice, and coconut milk with tantalizing results. Every nation, it seems, has its favorite casserole dish.

What makes casseroles so popular? First, they're easy to make and, second, they're frugal. One dish can serve a whole family. Casseroles also are healthful; cooked in covered dishes, vitamin-rich ingredients remain trapped inside.



Some purists insist that true casseroles should be cooked only in traditional earthenware vessels. Actually, a heavy, porcelain-covered iron or glass casserole is a good substitute.

American casseroles of the church-social variety sometimes can be bland, which is fine if that's what you like. However, a whole world of adventurous casserole dishes is waiting to be explored. We recommend the following:

Ham and Noodle Bake

(Makes 8 servings)

¼ cup all-purpose flour
4 cups skim milk
1½ teaspoons crushed dillweed
1½ teaspoons prepared Dijon-style mustard
2 tablespoons polyunsaturated margarine
1 cup diced carrots
1 teaspoon minced garlic
12 ounces cubed, unsliced, very lean ham
1 package (16 oz.) low-cholesterol, wide noodles cooked without salt according to package directions
1 package (10 oz.) thawed, frozen green peas

In small bowl, combine flour and small amount of milk until smooth. Add remaining milk, dillweed, and mustard; set aside. In large skillet over medium heat, melt margarine. Add carrots and garlic; cook, stirring occasionally until crisp-tender, about 10 minutes. Stir in reserved milk mixture; bring to boil, stirring constantly. Boil and stir 1 minute longer. Stir in ham, noodles, and peas. Cook and stir, until heated through.

Per Serving (1½ cups):
Calories: 347 Carbohydrate: 57.1 gm
Cholesterol: 20 mg Protein: 19.9 gm
Sodium: 424 mg Fat: 4.3 gm
Diabetic exchange: ½ skim milk + 1 vegetable + 2½ bread + 1 medium-fat meat

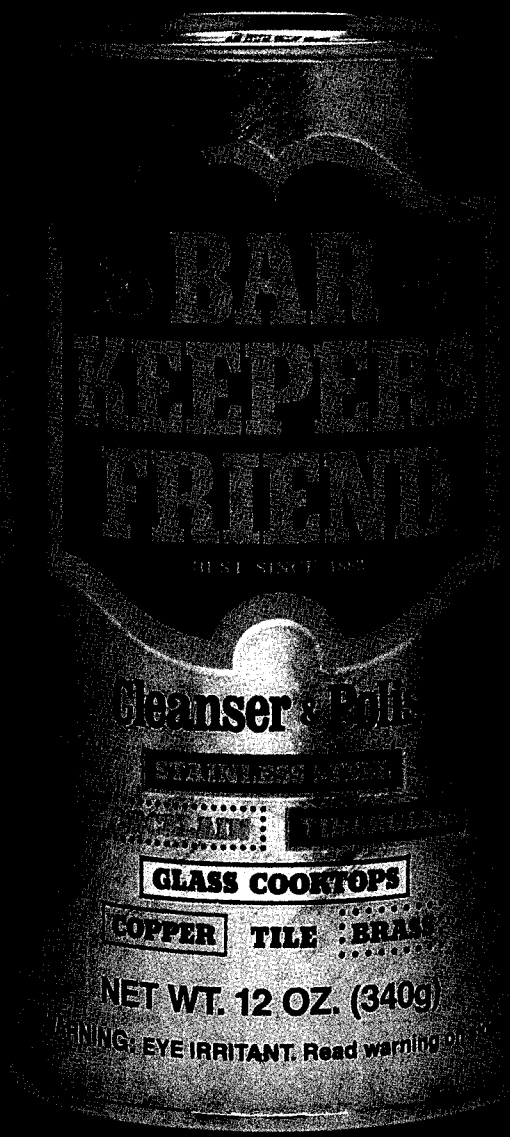
Chicken Casserole

(Makes 6 servings)

3 cups or 1 pound cooked, diced chicken
2 cups or 8 ounces sliced, medium celery
1 tablespoon chopped onions
¼ cup slivered and browned almonds
1½ tablespoons or 1 ounce freshly squeezed and strained lemon juice
1½ teaspoons grated lemon rind
⅛ teaspoon white pepper
½ cup or 8 ounces no-fat mayonnaise
1 cup or 4 ounces no-fat cheddar cheese

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE GOLD STANDARD



The way consumers love BAR KEEPERS FRIEND® CLEANSER & POLISH you would think our little gold cans *are* solid gold.

We regularly hear people say, "I won't be without my BAR KEEPERS FRIEND." They tell us there's nothing better for removing rust, hard water deposits, and other tough stains in their kitchens and baths.

Stainless steel, fiberglass, porcelain, copper and brass all get clean and shining with BAR KEEPERS FRIEND.

Pick up the gold can at your supermarket today and save a little gold with this coupon.

BAR KEEPERS FRIEND

MANUFACTURER'S COUPON | EXPIRES MAY 31, 1995

SAVE 25¢

on your next purchase of

BAR KEEPERS FRIEND®

The Best Powdered Cleanser

NOTICE TO DEALERS: As our agent you may accept this coupon from retail customers. IF YOU RECEIVE IT ON THE SPECIFIED PRODUCT WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 8¢ FOR HANDLING. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay sales tax. OFFER LIMITED TO ONE COUPON PER CUSTOMER. Send to: SERVAAS LABORATORIES, INC., P.O. Box 880739, El Paso, TX 88588-0739.

71618 102751

71618 11025 7

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

½ cup crushed low-salt buttery crackers

Premeasure all ingredients. Preheat oven to 350° F. In large bowl, combine all ingredients except cheese. Mix lightly. Place in baking pan. Sprinkle cheese on top of casserole. Bake at 350° F 25-30 minutes. Before serving, check temperature. Insert thermometer into center of baking pan. Recommended temperature: 160° F or higher. Sprinkle crushed crackers atop casserole; heat another 5 minutes.

Per Serving (½ cup-¾ cup):
Calories: 268 Carbohydrate: 12.6 gm
Cholesterol: 66 mg Protein: 27.8 gm
Sodium: 446 mg Fat: 10.9 gm
Diabetic exchange: 1 bread + 3 lean meat

Mediterranean Chicken

(Makes 6 servings)

1 pound cooked skinless chicken cut into pieces
¼ teaspoon ground pepper
1 cup finely chopped onion
2 teaspoons finely chopped garlic
½ teaspoon loosely packed thread saffron (if desired)
½ cup dry white wine (if desired)
1½ cups low-salt chicken broth
2 cups coarsely chopped red sweet pepper
1½ cups coarsely chopped fresh (or canned low-salt) tomatoes
1 tablespoon tomato paste
16 pitted green olives (about ¾ cup)
1½ tablespoons Italian seasoning
2 small zucchini (about ½ pound), ends trimmed and cut into ½" rounds

Season chicken pieces with pepper. Spray skillet with noncaloric, vegetable-based skillet spray. Put chicken in. Add onion, garlic, saffron, wine, and broth. Add chopped pepper and tomatoes. Stir in tomato paste; add olives and Italian seasoning.

Cover tightly and cook about 5 minutes. Add zucchini and cook about 5 minutes longer. Uncover and cook about 5 minutes more.

Per Serving (1½ cups):
Calories: 211 Carbohydrate: 9.9 gm
Cholesterol: 68 mg Protein: 23.7 gm
Sodium: 361 mg Fat: 7.5 gm
Diabetic exchange: ½ bread + 1 vegetable + 2½ lean meat

Marinated Turkey Casserole

(Makes 6 servings)

3 cloves garlic, minced
¼ teaspoon freshly ground black pepper
1½ cups dry white wine
1½ cups orange juice
½ turkey breast (approximately 2½-3 pounds bone-in) or other turkey parts
½ tablespoon margarine
1 tablespoon safflower oil
2 medium onions, thickly sliced
4 tomatoes, peeled, seeded, and coarsely chopped
1 bay leaf
2 or 3 jalapeño or serrano chilies, seeded and thinly sliced
¼ cup ground or finely chopped toasted cashew nuts

To make marinade, combine garlic, pepper, wine, and orange juice in shallow dish. Skin and debone turkey, cover, and refrigerate overnight, or at least 6 hours. Turn turkey in marinade several times.

Remove turkey and reserve marinade. In heavy casserole, sauté turkey in margarine and oil until it is nicely browned on all sides. Add onions, tomatoes, bay leaf, chilies, and reserved marinade. Cover and bake at 350° 30 minutes. Stir in cashew nuts and continue to bake, uncovered, 30 minutes longer, or until meat is tender. If thicker sauce is desired, remove cooked turkey and reduce marinade over high heat.

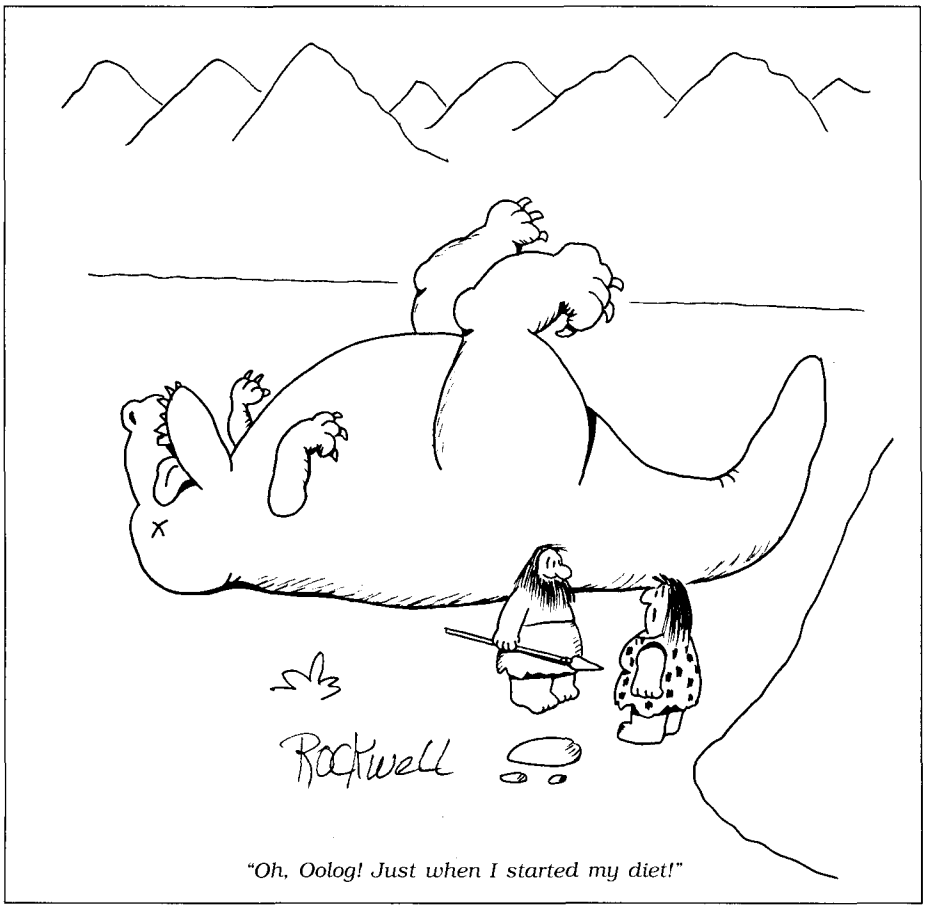
Serve turkey pieces; pass sauce separately.

Per Serving (1½-2 cups):
Calories: 314 Carbohydrate: 20.9 gm
Cholesterol: 56 mg Protein: 27.0 gm
Sodium: 75 mg Fat: 9.0 gm
Diabetic exchange: 1½ fruit + 1 vegetable + 3 lean meat

Italian Pasta Casserole

(Makes 8 servings)

1½ pounds cooked chicken or turkey
3 cups low-salt chicken stock
1 cup chopped celery
1 green sweet pepper, seeded, deveined, and chopped
1 red sweet pepper (or 2 green peppers if red is unavailable), seeded, deveined, and chopped
1 cup chopped fresh mushrooms
¼ cup whole or sliced pitted ripe olives
1 cup canned, Italian-style, plum, low-salt tomato purée
1 cup tomato paste
1 pound fusilli (corkscrews) or other dried pasta
4 ounces grated no-fat cheddar cheese
4 ounces grated no-fat Monterey Jack cheese



"Oh, Oolog! Just when I started my diet!"

continued on page 30

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Subscribe to The Saturday Evening Post... and reach new heights.

For a bird's-eye, on-top-of-the-flagpole view of what's happening in the world today, subscribe to *The Saturday Evening Post*! And when your bimonthly subscription is paid, you will receive our popular *The Saturday Evening Post Family Cookbook* as an extra bonus.

FREE
while they last!

THE SATURDAY EVENING POST

P.O. Box 7075, Red Oak, IA 51591-4075

Please enter my subscription and send me my FREE cookbook as a bonus when my bimonthly subscription is paid.

- ❑ 3 years (18 issues) - $35.97 (**Best Deal!** Save more than 32%*)
- ❑ 2 years (12 issues) - $25.97
- ❑ 1 year (6 issues) - $13.97

** off newsstand price of $2.95 per issue.*

- ❑ Payment enclosed (send my cookbook now)
- ❑ Bill me later

Name _____

Address _____

City _____ State _____ Zip _____

Outside U.S., add $5.00 foreign postage per year. U.S. Currency only.
Allow 4-6 weeks for delivery. ©SEP 1995

HU01

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

AND THE PIG GOES, LIKE, "NOT ME, MAN!"

What happens to an old story when it's no longer barnyard correct?

by Wen Smith

Illustrated by Don Trawin

For years, I've looked for a copy of the once-famous story of "The Little Red Hen." Most first-graders in America used to read that story, but it disappeared from the books when the schools abandoned look, listen, and learn and adopted show and tell.

This year, I found it again, along with a lot of other great reading, in Bill Bennett's *Book of Virtues*.

"Here it is!" I said to my wife. "I was sure this book wouldn't leave out 'The Little Red Hen.' "

"I remember her," my wife said. "She's the one who made fresh bread from scratch."

"Well, she made it from whole wheat," I said. "But you've got the idea."

"And none of the other animals would help her," my wife said.

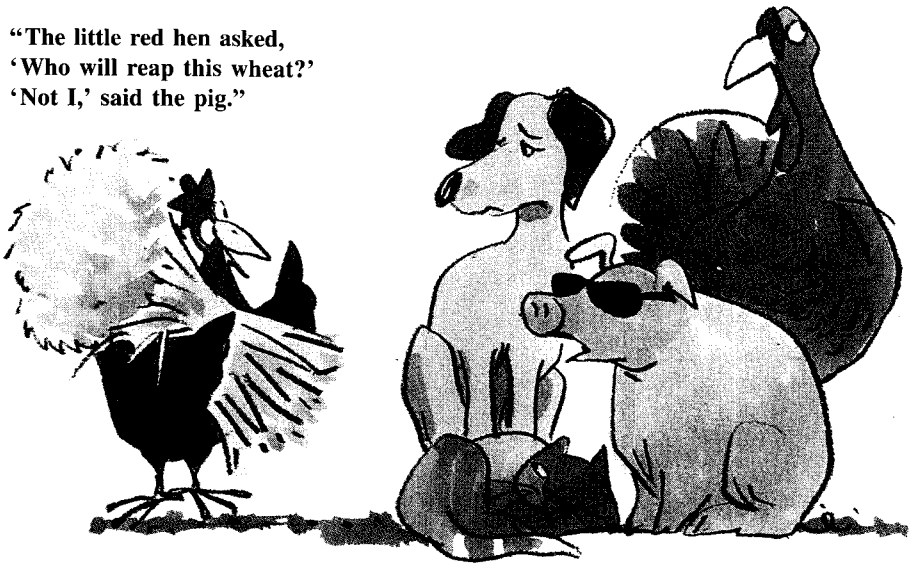
"Exactly," I said. "One day, she found a grain of wheat. 'Who will plant this wheat?' she said. 'Not I,' said the dog."

"And," my wife said, "all the other animals said the same."

"Right," I said. "The cat and the pig and the turkey all refused to help her plant the wheat."

"So she planted it herself."

"The little red hen asked, 'Who will reap this wheat?' 'Not I,' said the pig."



" 'Who will eat this bread?' 'I will!' shouted the dog and the cat. 'I will!' said the pig and the turkey."

"And when the wheat was ready for harvesting," I said, "the little red hen asked, 'Who will reap this wheat?' 'Not I,' said the pig, and so on."

"So," my wife said, "the little hen harvested the wheat herself and took it to the mill for grinding. Then she asked the others, 'Who will bake the bread?' "

"Same answers," I said. "Then, when the bread came out of the oven, she said, 'Who will eat this bread?' "

My wife recalled the ending. " 'I will!' shouted the dog and the cat. 'I will!' said the pig and the turkey."

"Yeah," I said. "But the little red hen taught them a lesson. She said, 'No, you won't!' And ate it all herself."

"Great story," my wife said. "Why do you think it disappeared for all those years?"

"Probably," I said, "it's because in today's world, 'The Little Red Hen' is not barnyard correct. Can you imagine how the story would go today? The little red hen would find the wheat and plant it and grind it into flour and bake the bread. Then she'd go, 'Cluck, cluck!' and refuse to share the bread with the other animals."

"And . . . ?" my wife said.

"And then the government would take her to court and threaten her with jail unless she shared her bread with the dog and the pig and so on."

"But she would have shared the bread," my wife said, "if the other animals had shared the work."

"Anyway," I said, "I'm glad I've found the story again."

"It's a shame," she said. "I think our kids and their kids have never read it."

"They'll read it now," I said. "*The Book of Virtues* was under their trees at Christmas."

"And," my wife said, "maybe we should urge the schools to put 'The Little Red Hen' back into the first-grade readers."

"Fat chance," I said. "Imagine how they'd tell the story for today's kids. 'The little red hen goes, "Hey, man, like, who's gonna help me, like, reap this wheat?" And the pig goes, like, "Not me, man!" So the little red hen petitions the Department of Agriculture, and the government, like, grants her a subsidy, and she never bakes any more bread.' "

"So after that all the animals go hungry?" my wife said.

"No," I said. "Then the government issues food stamps. In today's barnyard correctness, that's called a happy ending." ▲

LICENSED TO U.S. GOVT.
ELECTRONIC REPRODUCTION PROHIBITED

Cashmiracle

The Acrylic Sweater that looks and feels like cashmere but the easy care gives it away!

2 for 29.95

Delicate detail accentuates our very softest sweater ever!

100% Cashmiracle Acrylic is brushed twice to match cashmere in softness, but has the durability and easy machine care you cherish. Cuddle-up cozy and warm, with ribbed knit bottom and charming soft knit trim around neck and cuffs. USA-made in whisper soft dreamy pastels to go with all your winter things.

send for yours today – you'll thank us when the chill blows in!

seafoam

blue

mocha

seafoam

winter white

pink

Haband!

100 Fairview Avenue
Prospect Park, NJ 07530

Cashmiracle Sweater **2 for 29.95*** 3 for 44.75 4 for 59.50 5 for 74.25

Haband One Hundred Fairview Ave., Prospect Park, NJ 07530

MISSES' SIZES:
XS(4-6) S(8-10)
M(12-14) L(16-18)
***WOMEN'S SIZES:**
Add $3 each for
XL(38-40) 2XL(42-44)
3XL(46-48)

	75X-B2R	WHAT SIZE?	HOW MANY?
A	Blue		
B	Pink		
C	Mocha		
D	Seafoam		
E	Winter White		

Send me _____ sweaters. I enclose $_____ purchase price, plus $3.95 toward postage and insurance.

☐ Check enclosed ☐ Discover Card
☐ Visa ☐ MasterCard

Card # _____ Exp.: ___/___

☐ Mr. ☐ Mrs. ☐ Mr. _____

Mail Address _____

_____ Apt. # _____

City & State _____

_____ Zip _____

100% Satisfaction Guaranteed or Full Refund of Purchase Price at Any Time!

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEARTBEAT

The Healthy Heart Report

FIBER, SI! FAT, NO!

Love frijoles and rice? The Cooper Aerobics Center in Dallas serves Mexican favorites with flair and very little fat.

by Ted Kreiter

Contrary to popular belief, Mexican food need not be a hotbed of fat and cholesterol. Just ask dietitians at the Cooper Aerobics Center in Dallas. In their new book, *What's Cooking at the Cooper Clinic?*, Georgia G. Kostas, R.D., and Veronica C. Coronado share a selection of the "positive-lifestyle" recipes served to Cooper Aerobics Center patients and guests. Mexican favorites are definitely on the menu.

"Mexican food is loaded with flavor and healthy ingredients such as beans, rice, tortillas, chicken, and more," the authors say. "Who can resist?" The clssic Mexican dishes (refried beans, enchiladas, and baked taco chips) have less than half the fat you'd find at your local Mexican eatery. "In a restaurant, healthy Mexican food may be hard to find," the Aerobic Center's dietitians conclude, "but at home . . . check again."

♥ ♥ ♥

Refried Beans
(Makes 6 servings)

3 cups cooked pinto beans
¼ cup chicken broth, or liquid from beans

1 tablespoon vegetable oil
½ cup chopped onion
1 teaspoon minced garlic
¼ teaspoon garlic powder
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
¼ teaspoon salt

Purée pinto beans and chicken broth or bean liquid in a food processor. Heat oil in large skillet on medium-high heat. Add onions and garlic; sauté. Pour puréed beans into skillet. Stir beans until thickened. Season with spices and salt while cooking. Serve hot with your favorite Mexican dish.

Per Serving (½ cup):
Calories: 166 Carbohydrate: 28 gm
Cholesterol: 0 mg Protein: 8 gm
Sodium: 122 mg Fat: 3 gm
Diabetic Exchange: 1½ bread + ½ vegetable + ½ fat

♥ ♥ ♥

Enchiladas Suisas
(Makes 12 servings)

2 Spanish onions, chopped
2 tablespoons flour
1½ cups chicken broth
2 (4 oz.) cans chopped mild green chilies
½ teaspoon minced garlic
¼ teaspoon cumin
3 ounces grated reduced-fat or no-fat Monterey Jack cheese
5 ounces grated reduced-fat or no-fat Cheddar cheese
2 scallions, chopped
12 (6") corn tortillas

Mucho Muffin

Low-fat eating plans are essential to better health, Cooper Aerobics Center nutritionists say, but they also recommend eating more fiber. The National Cancer Institute advocates increasing dietary fiber consumption to 20 to 35 grams per day. The question is how? The nutritionists suggest starting with a breakfast of orange juice, a low-fat, high-fiber muffin or a cereal containing at least four grams fiber, plus a glass of skim milk.

Snacks can also supplement daily fiber intake: fresh fruits, vegetables, and whole-grain cereals or light popcorn are some healthful, high-fiber options.

To increase the fiber of a moderately high-fiber meal, the nutritionists recommend adding a high-fiber muffin. The following "Pick Your Own Muffin" made with bran cereal offers a healthy fiber "boost" of six grams.

Pick Your Own Fruit or Vegetable Bran Muffins
(Makes 24 muffins)

3 cups 100% bran cereal
3 cups skim milk
2 egg whites
2 tablespoons vegetable oil (or 3 tablespoons applesauce for lower fat)
2¾ cups whole-wheat flour
1 cup sugar
2 tablespoons baking powder
1 teaspoon baking soda
½ teaspoon salt
2 teaspoons cinnamon
½ teaspoon nutmeg
1½ cups fruit or vegetable of choice (mashed bananas, grated apples, blueberries, grated zucchini, grated carrots, crushed pineapple, etc.)
Nonstick vegetable cooking spray

Combine bran cereal, milk, egg whites, and oil; soak 5 minutes. Add remaining ingredients to wet mixture; stir by hand until well blended. Spray muffin tins with cooking spray or use paper liners and fill tins ⅔ full of batter. Bake in preheated 400° F oven for approximately 20 minutes or until done.

Per Serving (1 fruit muffin):
Calories: 145 Carbohydrate: 27.4 gm
Cholesterol: 1 mg Protein: 4.0 gm
Sodium: 231 mg Fat: 2.0 gm
Diabetic exchange: 1½ bread + ½ fat
Per Serving (1 vegetable muffin):
Calories: 141 Carbohydrate: 26.3 gm
Cholesterol: 1 mg Protein: 4.1 gm
Sodium: 231 mg Fat: 2.0 gm
Diabetic exchange: 1½ bread + ½ fat

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

1½ cups shredded, cooked, skinless chicken
1 cup skim milk
1 cup halved cherry tomatoes
Nonstick vegetable cooking spray

Spray a large skillet with cooking spray. Add onion and sauté until soft, about 2 minutes. Stir in flour and chicken broth; add chilies, garlic, and cumin; simmer about 15 minutes to blend flavors of sauce.

Preheat oven to 350°. Lightly spray a rectangular baking dish with cooking spray. Combine cheeses; slice scallions. Dip corn tortillas in sauce. Put some chicken in a strip on each tortilla; top with 2 tablespoons cheese.

Roll up enchiladas and put in prepared baking dish seam-side down. Pour remaining sauce and then milk over them. Sprinkle with remaining cheese and scallions. Bake until hot and bubbly, about 20 minutes. Serve hot, garnished with tomatoes.

Note: To make dish in advance, follow directions, except add milk before baking. Can be made 2 days in advance.

Per Serving (1 enchilada):
Calories: 191 Carbohydrate: 20 gm
Cholesterol: 29 mg Protein: 16 gm
Sodium: 295 mg Fat: 6 gm
Diabetic Exchange: 1 bread + 1 vegetable + 2 lean meat

♥ ♥ ♥

Spanish Rice
(Makes 12 servings)

½ cup chopped green bell pepper
1 cup chopped onion
2 cloves minced garlic
1 cup uncooked brown rice
2 teaspoons canola oil
1 (14½ oz.) can tomatoes
¼ cup water
2 tablespoons red wine vinegar
¼ teaspoon salt
¼ teaspoon pepper
1 cup thawed frozen green peas
½ cup shredded reduced-fat or no-fat Monterey Jack cheese

Sauté bell pepper, onion, garlic, and rice in oil until rice is lightly browned. Finely chop tomatoes; add tomatoes and juice, water, vinegar, salt, and pepper to rice. Bring to boil; lower heat to simmer and cover. Cook until rice is done. Add peas, stirring well; pour mixture into a 1½-quart baking dish. Top with cheese and bake at 400° until cheese melts.

Per Serving (½ cup):
Calories: 99 Carbohydrate: 17 gm
Cholesterol: 3 mg Protein: 4 gm
Sodium: 139 mg Fat: 2 gm
Diabetic Exchange: 1 bread + ½ fat

♥ ♥ ♥

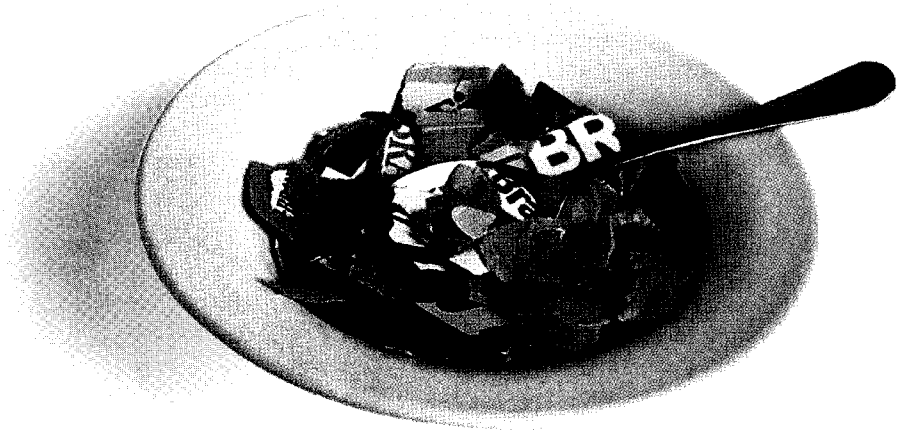
Mango Tomato Salsa
(Makes 12 servings)

1 ripe mango (fruit), cut into ¼" cubes
1 yellow tomato, cut into ¼" cubes
2 small red tomatoes, cut into ¼" cubes
½ cup chopped green onions
¼ cup chopped cilantro
½ teaspoon garlic powder
1 tablespoon lime juice

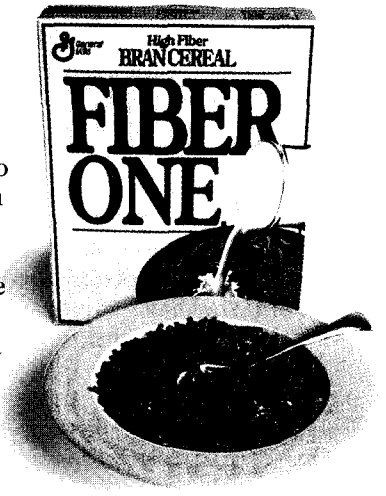
Toss all ingredients together lightly. Serve in glass bowl or southwestern-style crock. Serve with low-salt tortilla chips.

Per Serving (¼ cup):
Calories: 16 Carbohydrate: 4 gm
Cholesterol: 0 mg Protein: 0 gm
Sodium: 3 mg Fat: 0 gm
Diabetic Exchange: 1 vegetable

For More information about What's Cooking at the Cooper Clinic?, *call 214-239-7223, ext. 3161.*



If you think a high fiber cereal has to taste like the box it came in, think again.



There's no reason to think you have to trade taste for nutrition when you can get both with Fiber One.® Because it's made from a blend of wheat and corn bran, it's light and crispy. In fact, more people prefer the taste of Fiber One over Kellogg's All Bran,† All Bran† Extra Fiber and Nabisco†† 100% Bran. So why not open a box of Fiber One and be pleasantly surprised.

Who says what's good for you can't taste good?

†Kellogg and All Bran are registered trademarks of Kellogg's. ††Nabisco is a registered trademark of Nabisco, Inc. © 1995 General Mills, Inc.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE EARS DON'T HAVE IT

If the human body is ever done over,
no part of it needs redesign more than the ear.

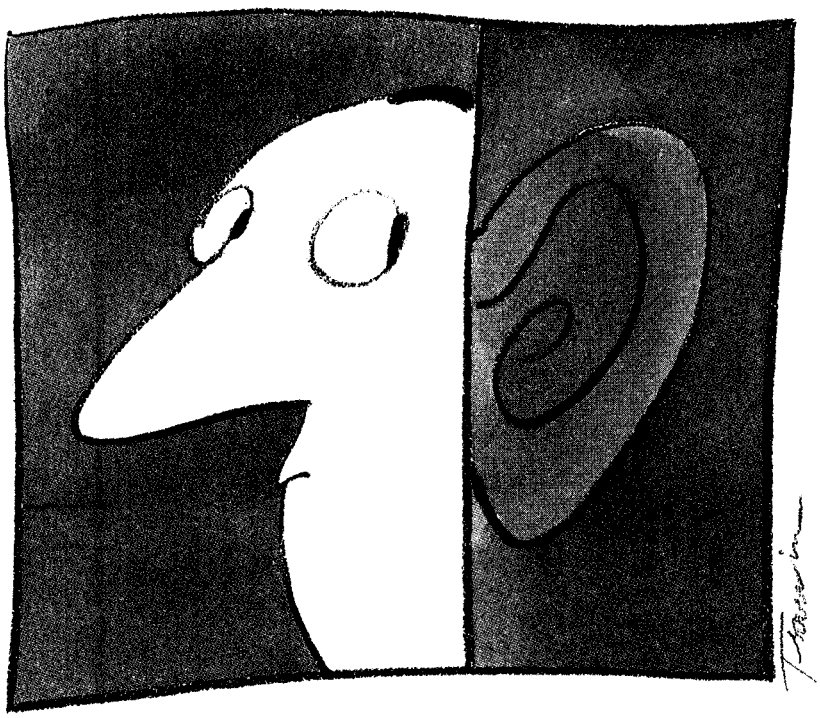
by Andrew A. Rooney

Illustrated by Don Trawin

I'd like to consider the ear for a moment.

I use the word "ear" to refer solely to the sound-catching appendage attached to each side of the head, more or less on a line with the eyes.

As a biological term, the word "ear" has three parts: the outer ear, the middle ear, and the inner ear. The middle and inner are the more important ears, but I am not qualified to comment on any ear but the outer, and that only from casual observation. I have casually observed a great many ears, my own among them.



Without wanting to be in any way disrespectful to anyone who had anything to do with the creation of ears, and with ears looking the way they do, I would like to say that it seems to me ears might have been improved on considerably in appearance if more thought had been given to their design in the beginning. Even an oyster shell, to use just one example, would serve more or less the same purpose as the ear and, at the same time, be better looking.

There are few body parts that are less attractive than the ear. You don't hear someone saying of a Miss America contestant, for example, "Doesn't she have pretty ears?" or "Man! Get a load of that pair of ears!"

As a result of the ears' appearance, a person's hair is often arranged to at least partially conceal them.

One of the reasons haircuts are so expensive is because of where the ears are placed. If it weren't for the necessity of having a barber avoid running into a customer's ears with his shears, and at the same time partially conceal them, haircuts might easily cost half what they do. For a barber, ears are like two bushes on the front lawn when you're mowing the grass.

Because ears are so devoid of beauty, it seems strange that women attract attention to them by punching holes in their lobes and hanging ornaments from them. While women in Western society hang jewels from their ears, they wouldn't be caught dead hanging something from their noses, as is the custom in some African countries. It is difficult for this impartial observer to discern any difference in the appropriateness of hanging jewels from the ear as compared with hanging them from the nose. If anything, hanging them from the ears is worse because we have two ears and but one nose.

It has long been thought that the ears were placed where they are on a person's head so that the person could hear a noise on either side or from the front, but this, of course, ignores the fact that it is often important to hear a noise from behind, something our ears are not designed to do. This is but one of many shortcomings of the design and placement of the ear.

If one had to point to the greatest service the ear provides, it would be its convenience as a place to secure glasses in front of the eyes. If our ears were on our forehead or at the side of our eyes, like blinders on a horse, optometrists would be hard-pressed to figure out a place to put the sidepieces of glasses.

Ears were poorly placed in relationship to our necessity to wear clothing that is often pulled on over the head, too. We have all experienced the sensation of having our ears caught in the hole at the top of a sweater where our head goes through. The head itself can be forced through even a quite small aperture, but the ears invariably get caught.

As far as clothes for the ear itself goes, the situation is no better. Ears are among the first thing to freeze on people who are outside on a cold day, and yet very few of us own earmuffs. If we do own earmuffs, we forget where we put them last time we used them. Most people are reluctant to wear earmuffs because earmuffs are comic looking even on a serious person. As a matter of fact, one of the comic things about earmuffs is that they are most often worn by serious persons.

If the human body is ever done over, no part of it needs redesign more than the ear. ▲

Excerpted from Sweet and Sour, *by Andrew A. Rooney, as published by G. P. Putnam's Sons, ©1992 by Essay Productions, Inc.*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Authentic Replicas

AMERICA'S GREATEST ALL-TIME CLASSIC CARS

1965 FORD MUSTANG SERIES

☐ CONVERTIBLE ☐ HARDTOP

Made of die CAST Metal and reproduced in 1:18 scale in unbelievable authentic detail ... bucket seats that flip forward, dashboard gauges, much, much more. ONLY **$39.95**. SAVE $10. Buy any two for ONLY **$75.00**.

FEATURES

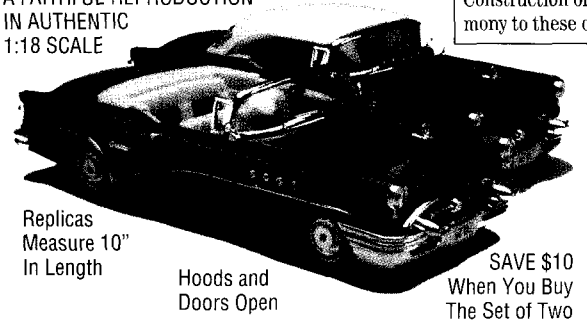
- Doors Open
- Measures 10" x 4"
- Steering Wheel Turns Front Wheels
- Die Cast Metal
- Baked On Metallic Enamel Finish
- Detailed Interior
- Trunk and Hood Open
- Crafted with 114 Parts

A LIMITED COLLECTORS EDITION OF AMERICANA

It was a time when gas cost 35¢ a gallon ... America thirsted for power and speed, and every one marveled at the dynamic convertibles and hardtops that poured onto our highways. Construction of these authentic true-to-life replicas is a testimony to these original models.

1955 BUICK CENTURY

A FAITHFUL REPRODUCTION IN AUTHENTIC 1:18 SCALE



Replicas Measure 10" In Length

Hoods and Doors Open

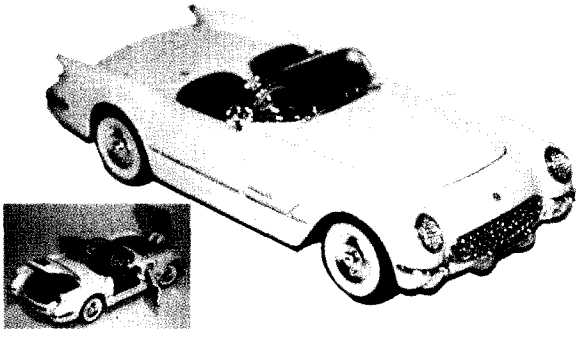
SAVE $10 When You Buy The Set of Two

☐ CONVERTIBLE ☐ HARDTOP

Picture this **'55 Buick Century** with its distinctive portholes and "Smiling" grille purring along the avenues of America. It certainly set a new standard of sporty good looks for American cars. It was not only movie stars that loved the glamour of this **'55 Buick** ... it turned heads all over the country. Inside you'll find seats that flip forward, a gearshift mounted on the steering wheel column and a dashboard showing all the gauges. The steering wheel actually turns the front wheels. The hood opens to show the detailed engine and the trunk opens to show a spare tire.

The **Buick Century Series** is an excellent value, so you'll want to order both cars NOW for your own Americana Collection. One Car ONLY **$39.95**. Buy any two for ONLY **$75.00**

1953 CHEVROLET CORVETTE



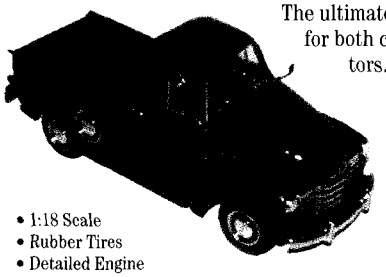
1953 CHEVROLET CORVETTE.

The "hottest" car made in the 50's. The supply hardly filled the demand, this car was so popular. ONLY **$39.95**. SAVE $10 Buy any two for ONLY **$75.00**.

FEATURES:

- 1:18 SCALE
- Doors, hood and trunk open
- Detailed engine
- Wheels can be turned with the steering wheel
- Made of Die-Cast Metal
- High quality finish
- Rubber tires

1953 CHEVROLET PICK-UP



The ultimate and favorite pick-up for both consumers and collectors. ONLY **$39.95 SAVE $10.** Buy any two for ONLY **$75.00**

- 1:18 Scale
- Rubber Tires
- Detailed Engine
- Wheels Can Be Turned with the Steering Wheel

FEATURES:

- Made of Die-Cast Metal
- Doors and Hood Open
- Tailgate Drops Down
- High Quality Finish

Holst, Inc. Dept. SP-195
1118 W. Lake, Box 370, Tawas City, MI 48764

Yes. Kindly rush my Deluxe Model Cars as indicated below, on a 30 days money-back guarantee excluding shipping and handling charges.

☐ 1965 Ford Mustang Convertible (Item #6321) ☐ 1965 Ford Mustang Hardtop (Item #6326)
☐ 1955 Buick Century Convertible (Item #6134) ☐ 1955 .Buick Century Hardtop (Item #6155)
☐ 1953 Chevrolet Corvette (Item #6153) ☐ 1953 Chevy Pickup (Item #6191)
☐ One for Only **$39.95** plus $4.95 shipping & handling. **Total $44.90**
☐ Any TWO for **$75.00** plus $5.95 shipping & handling. **Total $80.95**

Enclosed is $_____ (MI residents add 6% sales tax)
Charge to my ☐ MasterCard ☐ Visa ☐ American Express
Account No._____ Exp. Date _____
Name_____
Address_____
City_____ State_____ Zip_____
Please make check or M.O. payable to HOLST, Inc.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

POST BOOK SHELF

NORMAN ROCKWELL THE STORYTELLER

America's favorite magazine illustrator revealed his surprising skills as a writer of children's fiction and gave us a glimpse into his artistic personality.

Willie Was Different
by Norman Rockwell
32 pages, Berkshire House Publishers, The Norman Rockwell Museum, $16.95

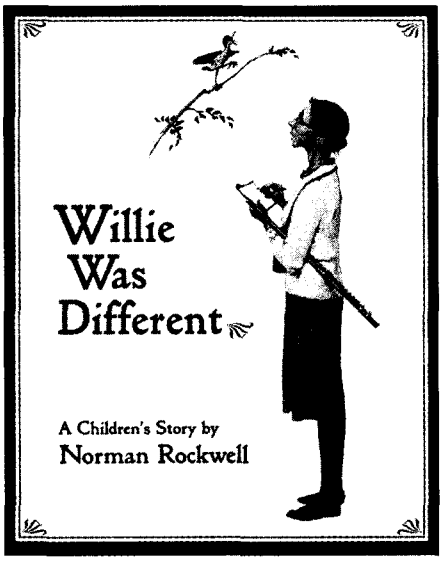
Before Norman Rockwell achieved fame as a cover illustrator for *The Saturday Evening Post*, his work appeared in such children's magazines as *St. Nicholas* and *Boy's Life*. In *Willie Was Different*—his only work of fiction—Rockwell returned to his roots to write and illustrate a fable for children.

The story of Willie the wood thrush is the story of an artist trying to find his place in the world. "Willie was different. He felt and looked different. Maybe way down deep inside himself he felt he was a genius," wrote Rockwell.

In search of his destiny, Willie leaves his family's nest and goes to live alone in the woods. Middle-grade children will empathize with Willie, and they will enjoy guessing what his special genius might be. When Willie discovers his unique talent, young readers will be glad that he also discovers a special friend.

Although *Willie Was Different* is clearly labeled "A Children's Story," it might be more accurately called "A Read-Aloud Story." It is a book for adults and children to share. Many children will appreciate a bit of help with the fairly advanced vocabulary, and many adults will relish a chance to revisit the art of Norman Rockwell. Both children and adults will enjoy the fairy-tale qualities and gentle humor of the story.

Adults may also be interested to learn that many aspects of *Willie Was Different* are autobiographical. According to the publisher, Rockwell's friends point out that pictures of Willie bear a marked resemblance to self-deprecatory sketches by the artist. Rockwell included himself in several



illustrations, including one in which a "young" Rockwell appears side-by-side with an "older" Rockwell (see if you can spot which one).

Willie Was Different first appeared in 1967 in *McCall's* magazine, based on an outline Rockwell had written earlier. After constructing the outline, Rockwell supplied the color illustrations. A year or so later, Rockwell's wife rewrote the story extensively from the McCall's editors' many changes, and Rockwell provided the black-and-white illustrations to flesh out the expanded text. That particular version was published by Funk & Wagnalls in 1969.

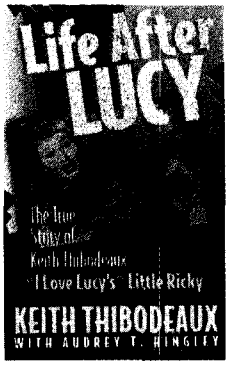
This edition is the closest to Rockwell's original conception, which was not meant to be a finished text and was never published. Unlike the Funk & Wagnalls' version, which was marketed for adolescents and adults, this version is clearly a children's story. However, like the best children's fiction, and like Norman Rockwell's *Post* covers, *Willie Was Different* can be loved and appreciated by people of all ages.

—Elizabeth Rinck

Life After Lucy
by Keith Thibodeaux
with Audrey T. Hingley
239 pages, New Leaf Press, $10.95

Fans of "I Love Lucy" will find great wealth of information on what many consider the greatest TV situation comedy of all time in *Life After Lucy*, written by the man who played Lucille Ball and Desi Arnaz' fictitious son, "Little Ricky Ricardo," from 1956 to 1960.

Born in 1950, Louisiana native Keith Thibodeaux was beating out perfect rhythms on his family's garbage cans at age two, a feat that brought him to the attention of Horace Heidt, a popular bandleader of the '40s and '50s. At age four, he was touring with Heidt as "The World's Tiniest Drummer" with a take-home pay of $500 a week. In 1956, at age six, he beat out thousands of other young applicants for the "Little Ricky" role.



Thibodeaux, at 44 the only surviving regular cast member of "I Love Lucy," offers unique perspectives on the individuals he worked with for four years. William Frawley was exactly like the "Fred Mertz" character he portrayed: gruff on the outside, but tender on the inside. Vivian Vance, who played Lucy's pal "Ethel," was pleasant, but more distant; Thibodeaux reveals she was in therapy most of the time "Lucy" was in production because of a bad marriage. Lucy, says Thibodeaux, was fun to socialize with but, unlike her ditsy "Lucy Ricardo" character,

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

straightforward and businesslike while working. Thibodeaux reserves nothing but praise for her, affectionately referring to her as his "boss" and commenting, "I was always struck by how beautiful she was—made up on the set or not."

Desi Arnaz receives Thibodeaux's greatest praise. It was Desi, he confirms, who really ran the show. It was his idea to film the show, rather than air it live, and to use three cameras instead of one, as was common then. In addition, it was Desi's idea to film the show before a live audience, a practice still used today. It was Desi, he says, who would unmercifully chew out any crew member who impeded production, but Desi was also the one who would unobtrusively pick up the tab of any crew member who had hospital bills.

Furthermore, it was Desi who taught the young Thibodeaux (billed then as "Richard Keith") how to swim, fish, and ride horses. Thibodeaux admits that Desi's quiet death in 1986 affected him more deeply than Lucy's more public passing three years later.

Life After Lucy chronicles Thibodeaux's struggle to overcome drugs, drink, and depression after leaving acting (a profession he disliked and only entered to please his father) in 1966. Today, he is happily married, a father, and executive director of Ballet Manificat, a Jackson, Mississippi-based national ballet company. The company, founded by his wife, Kathy, a silver medalist in the 1982 International Ballet Competition, presents ballets with a Christian theme. Fans of contemporary Christian music may know Thibodeaux best, however, as the drummer in David and the Giants, a pioneering Christian rock band that, over the course of 10 years, recorded 12 albums and toured the world. In 1990, Thibodeaux left David and the Giants to pursue work with his wife's ballet company.

Today, Thibodeaux speaks out regularly on depression and mental health for Phi Theta Kappa, an international honor society for educators. He remains friends with Lucie Arnaz Luckinbill and Desi Arnaz, Jr., and is often asked by reporters and fans of "I Love Lucy" about his days as "Little Ricky."

—Jack Gramling

Irving Berlin: A Daughter's Memoir
by Mary Ellin Barrett
320 pages, Simon & Schuster, $23.00

"God Bless America." "There's No Business Like Show Business." "Puttin' on the Ritz." "White Christmas."

These songs, among hundreds of others, define not merely a generation but the entire 20th-century American way of life. Irving Berlin, the Russian cantor's son, born Irving Baline in 1888, created a musical legacy that will probably be felt for generations to come.

What most people probably don't know, and what Mary Ellin Barrett makes quite clear in *Irving Berlin: A Daughter's Memoir*, is that Berlin also was a husband and a very loving, if somewhat distant, father. In her fourth book and first biography, Berlin's oldest daughter travels back in time to her parents' courtship, which she calls "The Great American Romance," and takes us through the various stages of what was to be a happy 62-year union that ended with Ellin Mackay Berlin's death in 1988.

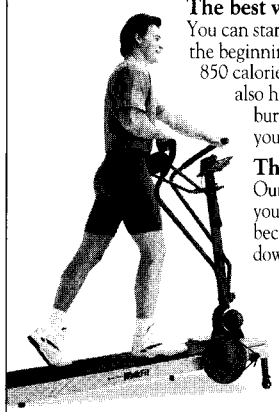
Barrett's mother and father met and married under somewhat shaky circumstances. Her mother's father, Clarence Mackay, was the heir to a silver mining and telegraph company fortune. He loudly opposed his daughter's involvement with a man 15 years her senior—and an *entertainer* no less! Mackay went so far as to have private detectives trail the 36-year-old composer; never mind that he was by then a solid fixture on Broadway, considered by all who knew him to be the most proper of gentlemen. One detective even claimed, erroneously, that Berlin was a tireless womanizer and alcoholic who frequented opium dens at night!

Nevertheless, Ellin Mackay eloped with Irving Berlin January 4, 1926, and in the process cut herself out of her father's will.

continued on page 30

WalkFit burns up to 79% more calories than ordinary treadmills.

With up to 79% higher calorie burn, NordicTrack's WalkFit® exerciser leaves ordinary treadmills behind.
It's simple. Ordinary treadmills target only your lower-body muscles. But research at a major university shows that the combined upper- and lower-body workout you get with WalkFit can burn an average of 53% more calories than ordinary treadmills.



The best way to take the weight off.
You can start to see results in as little as three, 20-minute workouts a week. But that's only the beginning. Once you get into the WalkFit exercise routine, you can burn an average of 850 calories per hour and up to 1,000. What's more, exercise like you get with WalkFit also helps raise your metabolic rate, so even when you're not exercising, your body is burning more calories. As a result, it will help take the weight off by combining your regular workout with a sensible diet.

The best way to improve your cardiovascular fitness.
Our flywheel and independent resistance settings let you set the pace. You improve your cardiovascular fitness over 50% more efficiently than with ordinary treadmills because you power the total-body exerciser, not a motor. You can start, speed up, slow down or stop whenever you want to keep your routine interesting and enjoyable.

The best way to look and feel great.
And while you're burning calories, you'll be toning your whole body, reducing stress, increasing your energy and strengthening your cardiovascular system. Rain or shine, in the comfort of your home, WalkFit is simply the best way for you to get a total-body workout. And wait till you see the results! You'll have a thinner waist, flatter stomach — and a well-toned and firmly shaped body. Plus you'll feel as good as you look.

NordicTrack's WALKFIT® 30-day in-home trial! Best of all, it's from NordicTrack A CML Company

FREE Video and Brochure! Call 1-800-441-7512 Ext. 8XTA5

or write: NordicTrack, Dept. 8XTA5
104 Peavey Road, Chaska, MN 55318-2355

Name_____ Phone( ) _____
Street_____
City_____ State_____ Zip_____

❑ Please send me a FREE brochure
❑ Also a FREE VHS videotape

©1995 NordicTrack, Inc., A CML Company • All rights reserved.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

POST SCRIPTS

Sappy New Year

I toast and I drink
and I blow the horn,
but I wish I hadn't
come New Year's morn.

—Martin Tonn

Snuggle Up & Down

On cold winter morns
In city or town,
It's hard to get up
When your comforter's down.

—G. Sterling Leiby

Willpower Failure

It looked so delicious,
the walnut fudge;
My will said run, but my feet
wouldn't budge.
I took but a nibble—
A bite, if you quibble,
But now, I fear, I am starting to pudge.

—John G. Bentley

What's A Gal To Do?

Fail to flatter a man
And he'll turn away;
"She doesn't care for me,"
He's likely to say.

Compliment him profusely,
And he'll surely stray;
"I'm too good for you,"
Your praise will convey.

—Rose L. Korotkin

Wait Not!

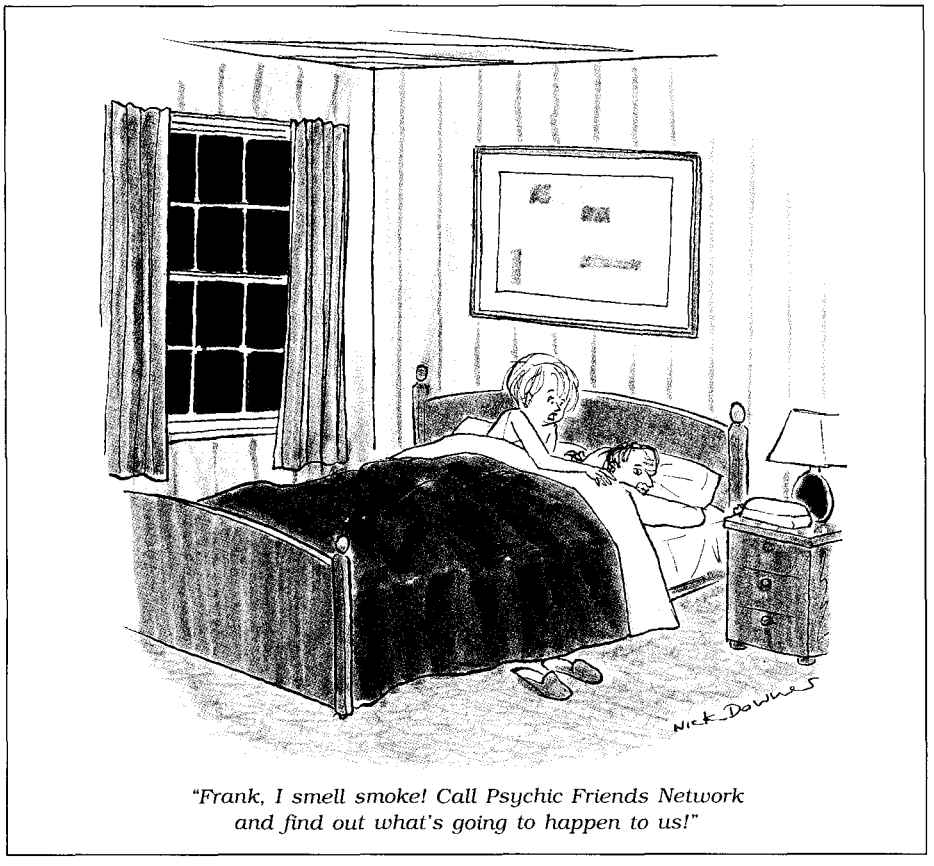
The future's something
I do appreciate,
I just wish it didn't
Have such a long wait!

—Howard Wiener

Atomic Power

We don't like the same kind
of movies,
Wine, restaurants, or musical scores.
You don't like my cooking, and I find
Your interests are really a bore.
Our life goals are totally different,
But, really, it's fine with me.
We still have what's most important—
It's something called chemistry.

—Sandy Flanagan



"Frank, I smell smoke! Call Psychic Friends Network and find out what's going to happen to us!"

Father Knows Less

Today's dad has cable television, a satellite dish, a fax machine, three phones, a computer, and his kids tell him he's out of touch.

—James Curnane

The Write Stuff

Is your poem too erratic?
Or getting enigmatic?
If it's witty and terse,
A ditty of a verse
Can be charmingly epigrammatic

—Doris Hare

Fair Gender

Men should welcome equality of the sexes. It's their best chance to get even.

—Wen Smith

Dishing It Out

Ben Franklin said a lot of things
That echo down the years.
The death and taxes quote, perhaps
Most frequently appears.

But Mrs. Ben has other cares
As plates and cups she swishes.
She shakes her head. "Just like a man,
He'd never think of dishes."

—Dale Scott

Take My Advice—And Yours!

Advice can be nice
When it's requested,
But unrequested—
Advice is detested.

—Rose L. Korotkin

Aging Gracefully

My best friend is a diplomat;
At politeness, she is a whiz!
She always remembers my birthday,
But forgets which one it is!

—Lynn Hartsell

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Packing It In

When I'm so efficient a packer,
How come that whenever I roam
The things that I don't need
are with me,
While those I need most are at home?

—Margaret M. Voland

Up to the Minute

Of all 60 minutes,
That's the one that's best;
So far superior
To all the rest

That were it not
For that final one,
Think of the work
That wouldn't get done!

—May Richstone

A Mother's Lament

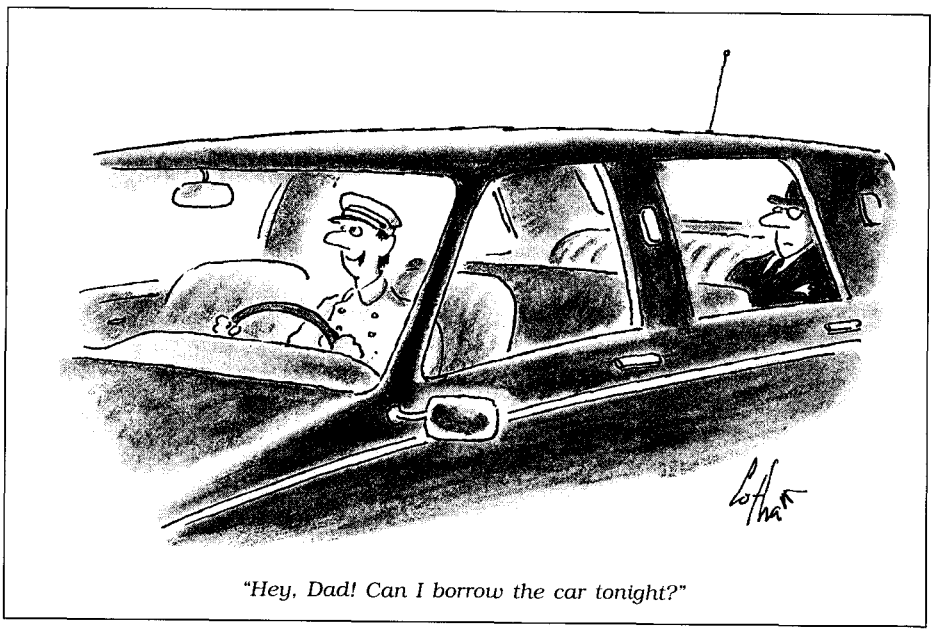
I buy groceries on Monday
and neatly stock
the freezer and the 'fridge;
But I find that by Monday,
the only things full
are the kids.

—Sharon Dyer

Taking Stock

Not over the hill,
Though nearing the rim,
The twinkle and spark
Are starting to dim.

Too tired to work,
But too poor to quit,
It gets harder to stand
The longer I sit.



"Hey, Dad! Can I borrow the car tonight?"

Not really fat—
Just growing less thin—
I'm doing all right
For the shape I'm in.

—Richard Marsh

Come and Get It!

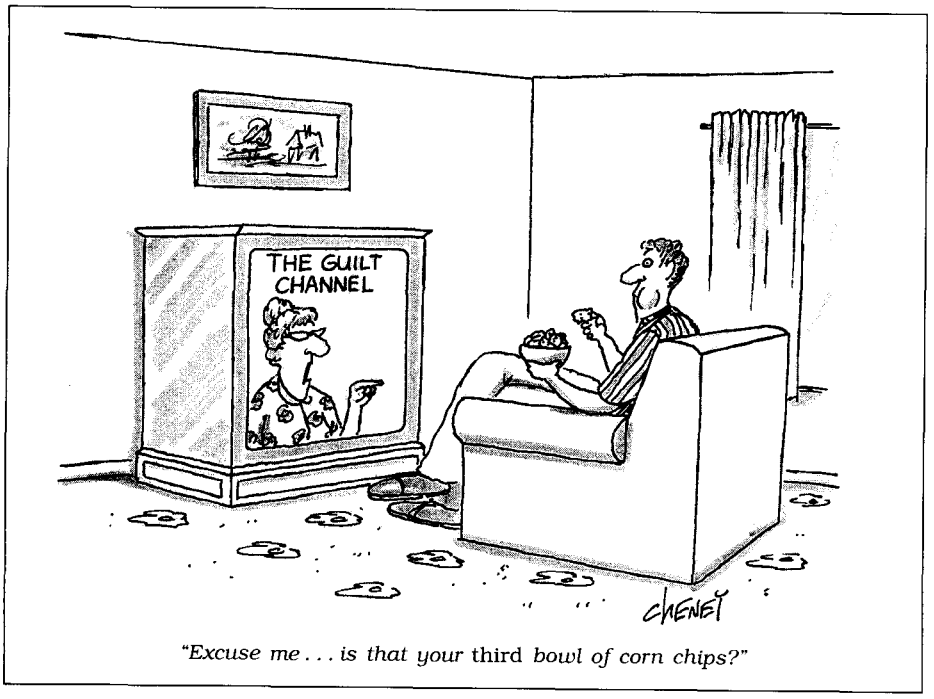
The bad thing about an all-you-can-eat buffet is all you can gain!

—Dominic Procopio

And Mom, Too

A barrage of questions
And one more drink
From nowhere else
But the kitchen sink.
Another story
Prayers once more said
At last, the three-year-old
Is ready for bed.

—Kathryn McGaughey



"Excuse me . . . is that your third bowl of corn chips?"

Taking It Easier

I'm not a "couch potato,"
That's much too firm to be;
I'm more like a marshmallow—
My easy chair for me!

They used to say "the davenport"—
Just why I never knew,
But it was stiff, like chairs were then
And, often, springs popped through.

On "sofas" of my parent's time
Coarse horsehair pricked my knee—
How restful now to hike feet up,
My easy chair for me!

—Marjorie Lefler

Happy Medium

I'm not a very gifted singer,
But this doesn't bother me;
It's feeling as if I *want* to sing,
That fills my heart with glee.

—Rosemary Perry

Stuck in the Middle

At 20, I had plenty of go
And thought middle age was
30 or so;
Now that I have passed my prime,
I'm sure it should be 49.

—Gerald L. Freeman

Driver's Dream

When running errands with my car,
Nothing could be neater
Than to find a parking place
With minutes on the meter.

—L. L. Miller

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Take yourself back to 1929 and the 1930s...

Hooray... It's The Depression!

And wasn't the music the best!

They may not have been the happiest of times, the 1930's, but it was always the magic of the music which seemed to make everything seem a whole lot better... the radio crooners and sweet-sounding orchestras... the tender waltzes and hypnotic ragtime... the innocent love songs... and razzmatazz!

Dream A Little Dream Of Me Wayne King • **Singin' In The Rain/ It's Only A Paper Moon** Cliff Edwards (Ukelele Ike) • **Carolina Moon** Gene Austin • **About A Quarter To Nine** Ozzie Nelson • **All Of Me** Paul Whiteman/Mildred Bailey • **Button Up Your Overcoat/Ten Cents A Dance** Ruth Etting • **Out Of Nowhere/Just One More Chance** Bing Crosby • **Moon Over Miami** Eddy Duchin • **As Time Goes By/Brother Can You Spare A Dime** Rudy Vallee • **Just A Gigolo** Ted Lewis • **Tiger Rag** The Mills Brothers • **(There Ought To Be A) Moonlight Saving Time/I'm Confessin' (That I Love You)/Goodnight Sweetheart** Guy Lombardo • **Little White Lies** Fred Waring's Pennsylvanians • **When I Take My Sugar To Tea/I Found A Million Dollar Baby** Boswell Sisters • **Happy Days Are Here Again** Ben Selvin • **Say It Isn't So** George Olsen **Minnie The Moocher** Cab Calloway • **Sweet And Lovely** Gus Arnheim • **Star Dust** Isham Jones • **(Potatoes Are Cheaper, Tomatoes Are Cheaper) Now's The Time To Fall In Love** Victor Young • **Three Little Words** Duke Ellington • **Gold Digger's Song (We're In The Money)/I'll String Along With You** Ted Fio Rito/ Dick Powell • **Who's Afraid Of The Big Bad Wolf** Ben Bernie • **Sugar Blues** Clyde McCoy • **Puttin' On The Ritz** Harry Richman • **The Continental/Stormy Weather** Leo Reisman/Harold Arlen • **If I Could Be With You One Hour Tonight** McKinney's Cotton Pickers • **I'm Gonna Sit Right Down And Write Myself A Letter** Fats Waller • **Shuffle Off To Buffalo** Hal Kemp/Skinnay Ennis • **Cheek To Cheek** Fred Astaire • **Let Me Sing And I'm Happy** Al Jolson • **When The Moon Comes Over The Mountain** Kate Smith • **I'm In The Mood For Love** Frances Langford

THOSE WERE THE DAYS
#130310 2 Cassettes $19.95
#130328 2 Compact Discs $24.95

More American than apple pie...

100 Fiddle Hits!

Keep your feet still! We dare you!

Graham Townsend has been called "the best darned fiddler ever born on any planet!" Of course, his pappy said that, but it's true! And it's about the happiest music you'll ever hear. Try it... just listen for five minutes. You'll be hooked for life!

Crooked Stovepipe • Arkansas Traveller • Girl I Left Behind • Loggers Breakdown • Ragtime Annie • Orange Blossom Special • Turkey In The Straw • Sugarfoot Rag • Scotland The Brave • Mississippi Sawyer • Swamplake Breakdown • Wake Up Susan • Plaza Polka • Fishers Hornpipe • Sailors Hornpipe • Chicken Reel... plus 84 more.

100 FIDDLE HITS
#129411 Extra-long Cassette $12.98
#129429 Compact Disc $16.98

The Music Shopper...

Stage Door Canteen

44 Original WWII Hits by the Stars That Made Them Famous

No other era in American history gave us so many great songs and fabulous artists as the years of World War II.

You'll Never Know Dick Haymes • **Chattanooga Choo Choo** Glenn Miller, Tex Beneke, The Modernaires w/Paula Kelly • **I've Heard That Song Before** Harry James, Helen Forrest • **I'll Be Seeing You** Bing Crosby • **Mairzy Doats** Merry Macs • **Rum And Coca Cola** Andrews Sisters • **Dance With A Dolly (With A Hole In Her Stocking)** Russ Morgan, Al Jennings • **Don't Fence Me In** Bing Crosby & Andrews Sisters • **Don't Get Around Much Anymore** Ink Spots • **You Always Hurt The One You Love** Mills Brothers • **I'll Never Smile Again** Tommy Dorsey w/Frank Sinatra & Pied Pipers • **Boogie Woogie Bugle Boy** Andrews Sisters • **To Each His Own** Ink Spots • **Swinging On A Star** Bing Crosby • **Comin' In On A Wing And A Prayer** Song Spinners • **Shoo Shoo Baby** Andrews Sisters • **Ac-cent-tchu-ate The Positive** Bing Crosby, Andrews Sisters • **Deep In The Heart Of Texas** Bing Crosby • **There Are Such Things** Tommy Dorsey, Frank Sinatra & Pied Pipers • **Don't Sit Under The Apple Tree (With Anyone Else But Me)** Glenn Miller, Marion Hutton, Tex Beneke, The Modernaires • **I'll Walk Alone** Dinah Shore • **Piano Concerto In B Flat** Freddy Martin, Jack Fina, piano • **There! I've Said It Again** Vaughn Monroe • **As Time Goes By** Rudy Vallee • **Green Eyes** Jimmy Dorsey w/Bob Eberly & Helen O' Connell • **Till The End Of Time** Perry Como • **When The Lights Go On Again (All Over The World)** Vaughn Monroe • **In The Mood** Glenn Miller • **I Left My Heart At The Stage Door Canteen** Sammy Kaye, Don Cornell • **Daddy** Sammy Kaye • **Chickery Chick** Sammy Kaye • **Der Fuehrer's Face** Spike Jones • **My Dreams Are Getting Better All The Time** Les Brown, Doris Day • **Saturday Night (Is The Loneliest Night Of The Week)** Frank Sinatra • **Somebody Else Is Taking My Place** Benny Goodman, Peggy Lee • **I Don't Want To Set The World On Fire** Horace Heidt, Larry Cotton, Donna Wood & Don Juans • **Praise The Lord And Pass The Ammunition** Kay Kyser • **(There'll Be Bluebirds Over) The White Cliffs Of Dover** Kay Kyser • **I'll Get By (As Long As I Have You)** Harry James, Dick Haymes • **It's Been A Long, Long Time** Harry James, Kitty Kalen • **Oh! What It Seemed To Be** Frankie Carle, Marjorie Hughes • **Pistol Packin' Mama** Al Dexter • **Jingle, Jangle, Jingle** Kay Kyser, Julie Conway, Harry Babbitt • **Sentimental Journey** Les Brown, Doris Day

STAGE DOOR CANTEEN
#121913 3 Cassettes $19.95
#121921 2 Compact Discs $24.95

OUR GUARANTEE:

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Your Favorite Music on Tapes and CD's!

Great Gifts! Great Values!

Sentimental Journey

44 Original Hits of the BIG BANDS!

Here is a collection in which every big band memory is a pure gold hit performed by the most popular bands ever to grace a bandstand.

Sentimental Journey Les Brown/Doris Day • **I've Heard That Song Before** Harry James/Helen Forrest • **Chattanooga Choo Choo** Glenn Miller/Tex Beneke/Modernaires • **On The Sunny Side Of The Street** Tommy Dorsey • **Begin The Beguine** Artie Shaw • **I Can't Get Started** Bunny Berigan • **There! I've Said It Again** Vaughn Monroe • **Don't Be That Way** Benny Goodman • **Blues In The Night** Woody Herman • **Sunrise Serenade** Glen Gray/Frankie Carle • **Tangerine** • **Amapola** • **Green Eyes** Jimmy Dorsey/Bob Eberly/Helen O'Connell • **Daddy** Sammy Kaye • **In The Mood** Glenn Miller • **I'll Never Smile Again** Tommy Dorsey/Frank Sinatra/Pied Pipers • **Deep Purple** Larry Clinton/Bea Wain • **Mood Indigo** • **Take The "A" Train** Duke Ellington • **Heartaches** Ted Weems/Elmo Tanner • **Frenesi** • **Dancing In The Dark** Artie Shaw • **One O'Clock Jump** Count Basie • **Tuxedo Junction** • **Moonlight Serenade** Glenn Miller • **Sing, Sing, Sing** Benny Goodman/Harry James/Gene Krupa • **Skyliner** • **Cherokee** Charlie Barnet • **Tchaikovsky's Piano Concerto** Freddy Martin/Jack Fina • **Stompin' At The Savoy** Benny Goodman • **Night Train** Buddy Morrow • **Doodletown Fifers** Sauter-Finegan • **Three Little Fishies** Kay Kyser • **Marie** • **Opus No. 1** Tommy Dorsey • **Beat Me Daddy, Eight To The Bar** Will Bradley/Ray McKinley • **T'ain't What You Do (It's The Way That You Do It)** Jimmie Lunceford/Trummy Young • **Got A Date With An Angel** Hal Kemp/Skinnay Ennis • **At The Woodchoppers Ball** Woody Herman • **I've Got My Love To Keep Me Warm** Les Brown • **And The Angels Sing** Benny Goodman/Martha Tilton • **A String Of Pearls** Glenn Miller/Bobby Hackett • **You Made Me Love You** Harry James • **Star Dust** Artie Shaw/Billy Butterfield

BIG BANDS
#129312 3 Cassettes $19.95
#129320 2 Compact Discs $24.95

Mario Lanza

Double-Length TV Treasury

It was said that his was "the voice of the century." And when you hear Mario Lanza sing on these magnificent recordings you know why. Hear his electrifying voice again in 24 original recordings of the best-loved musical masterpieces of all time.

Be My Love • Serenade From "The Student Prince" • Temptation • Wanting You • I'll Be Seeing You • With A Song In My Heart • Danny Boy • My Wild Irish Rose • And This Is My Beloved • Because • Only A Rose • Funiculi Funicula • Come Back To Sorrento • Oh Marie, Oh Marie • O Sole Mio • Neapolitan Love Song • Arrivederci, Roma • Ah, Sweet Mystery Of Life • Look For The Silver Lining • Memories • The Song Is You • Ave Maria • You'll Never Walk Alone

MAGIC OF MARIO LANZA
#115816 2 Cassettes $12.98
#115824 Compact Disc $16.98

If for any reason you are not 100% satisfied with your purchase, you may return it within 15 days for a complete refund. So order with confidence!

101 Best-Loved Songs for Children

Mother Goose Favorites... Sesame Street Theme... And Much More!

Imagine! You get 101 all-time favorites... all the words and music to the best-loved Mother Goose rhymes like **Humpty Dumpty**... Plus there are popular songs all children love... the **Sesame Street Theme**... 3 hours of fun! What a great gift for that special child in your life!

ABCD • Adding Numbers • Alphabet Song • Arkansas Traveler • A Tisket, A Tasket • Aura Lee • Baa, Baa Black Sheep • Bear Went Over The Mountain • Berry Tree Song • Bill Bailey • Billie Boy • Bingo • Buffalo Gals • Camptown Races • Candy Man • Chim Chim Cheree • Clap Hands • Clementine • Counting Song • Did You Ever See A Lassie • Down By The Station • Do You Know The Number • Eensie, Weensie Spider • Farmer In The Dell • Five Little Piggies • Frere Jacques • Georgie Porgie • Go In And Out The Window • Grandfather's Clock • Happy Birthday • Here We Go Looby, Loo • He's Got The Whole World • Hey Diddle, Diddle • Hickory Dickory Dock • Home On The Range • Humpty Dumpty • I'm A Little Teapot • In The Good Old Summertime • It's A Small World • I've Been Working On The Railroad • I Wish I Wuz • Jack And Jill • Lazy Mary • Listen To The Mockingbird • Little Bo Peep • Little Brown Jug • Little Jack Horner • Little Liza Jane • Little Miss Muffet • London Bridges • Long, Long Ago • Make Believe • Man On The Flying Trapeze • Mary Had A Little Lamb • Mickey Mouse Theme • Muffin Man • Mulberry Bush • My Bonnie • Number Song... and more!

THE BEST 101 CHILDREN'S SONGS
#100412 4 Cassettes $12.95 #100420 3 Compact Discs $17.95

It's That Krazy Band Again!

The Korn Kobblers!

22 Hilarious Hits!

The best party album you'll ever hear!

The Korn Kobblers sure were wild and crazy guys, but could they ever play! There probably was never a group of crackerjack musicians who made folks laugh as much as these boys did. You'll laugh, you'll dance off both your shoes, you'll sing along, and simply have a ton of fun.

When You Wore A Tulip • Up In The Balcony • Myrtle The Turtle And Flip The Frog • I'm My Own Grandpa • Five Foot Two, Eyes Of Blue • I Wish I Could Shimmy Like My Sister Kate • I Can't Get Offa My Horse • If You're Cheating On Your Baby • Drifting and Dreaming • The Light Turned Green (And The Light Turned Red) • Ain't She Sweet • Since They Stole The Spitoon • Trumpet Blues • Clancy Lowered The Boom • Never Make Eyes (At Gals With Guys Bigger Than You) • Horses Don't Bet On People • Don't Shoot The Bartender (He's Half Shot Now) • Why Did I Teach My Girl To Drive • Dardanella • We Got To Put Shoes On Willy • Oh You Beautiful Doll • Don't Give Me No Goose For Christmas, Grandma

KORN KOBBLERS
#132712 2 Cassettes $12.98 #132720 Compact Disc $16.98

Good Music Record Co. Dept. 051631
P.O. Box 1782, Ridgely, MD 21681-1782

Name _____

Address _____

City _____ State _____ Zip _____

Item No.	Qty	Title	Total Price

☐ Check Enclosed (make payable to Good Music Record Co.)
Charge My: ☐ VISA ☐ MasterCard
☐ Discover Exp. Date _____

Sub-Total
NY & MD Res. add sales tax
Postage and Handling $3.50
Check or Charge Total

Card No. _____

Signature _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Post Book Shelf

continued from page 25

For the next three years, the happy couple vacationed in California and Florida while living in the swankiest Manhattan hotels and apartment buildings. Then the stock-market crash hit, and like many Americans on that Black Friday in 1929, Irving Berlin lost his entire life savings. Although his wife had money from a trust fund established when she was a child—enough to keep them from starving at least—the giddy, high times of the Roaring '20s were over. It was left to Berlin to provide for himself, a wife, and a three-year-old child.

Barrett takes us through the ups and downs of an entertainer's life and reveals a few family skeletons. The Berlins had a son, Irving Berlin, Jr., who died three weeks after his 1928 birth—something Barrett herself didn't discover until she was age ten and saw *her* baby picture under a newspaper headline: "Irving Berlin Son Dies." We thrill with Barrett at her father's triumphs, such as when Berlin himself appeared onstage to sing "Oh, How I Hate to Get Up in the Morning" to thunderous applause in the original, 1942 production of *This Is the Army*, and we discover that her mother, too, was talented. The author of four novels, Ellin Mackay Berlin also contributed four short stories to *The Saturday Evening Post* from 1933 to 1938.

Unlike many children of celebrities, however, Barrett does not give a jaundiced view of her father's life. Instead, she lovingly portrays Irving Berlin as a man who, despite frequent separations due to work, made the most of his time with his children (he and Ellin had two daughters besides Barrett), grandchildren, and great-grandchildren. When he died in 1989, at age 101, he was regarded as a songwriting genius, yet he evinced an unassuming, unpretentious air. At the close of the 20th-anniversary revival of *Annie Get Your Gun* in 1966, the 78-year-old Berlin refused to take a bow after the audience, ecstatic over Ethel Merman's performance, called for the composer. "This is her night," he said, referring to Merman.

A Daughter's Memoir confirms that Barrett is not content to be merely the daughter of the man Richard Rodgers (*Oklahoma!*, *Carousel*) once called "America's folk song writer." Fans of Irving Berlin will appreciate what may be the definitive Irving Berlin biography by the woman who knew him better than anyone else alive today. ■

—Jack Gramling

World-Class Casseroles

continued from page 16

½ cup freshly grated Parmesan cheese

Cut meat into bite-sized pieces. Put stock into large pot. Add celery, sweet peppers, mushrooms, olives, tomato purée, and tomato paste to chicken stock. Cook over medium-high heat about 30 minutes. Stir in pasta and cook until al dente, about 20-25 minutes. Fold in reserved chicken.

Preheat oven to 350° F.

Combine three cheeses in bowl.

Alternately layer pasta and chicken mixture with mixed cheeses in large ovenproof dish, ending with layer of cheeses. Cook casserole until cheese is melted and bubbly, about 30 minutes.

Per Serving (1½-2 cups each):
Calories: 527 Carbohydrate: 56.8 gm
Cholesterol: 85 mg Protein: 44.5 gm
Sodium: 423 mg Fat: 13.5 gm
Diabetic exchange: 3 bread + 2 vegetables + 4 lean meat

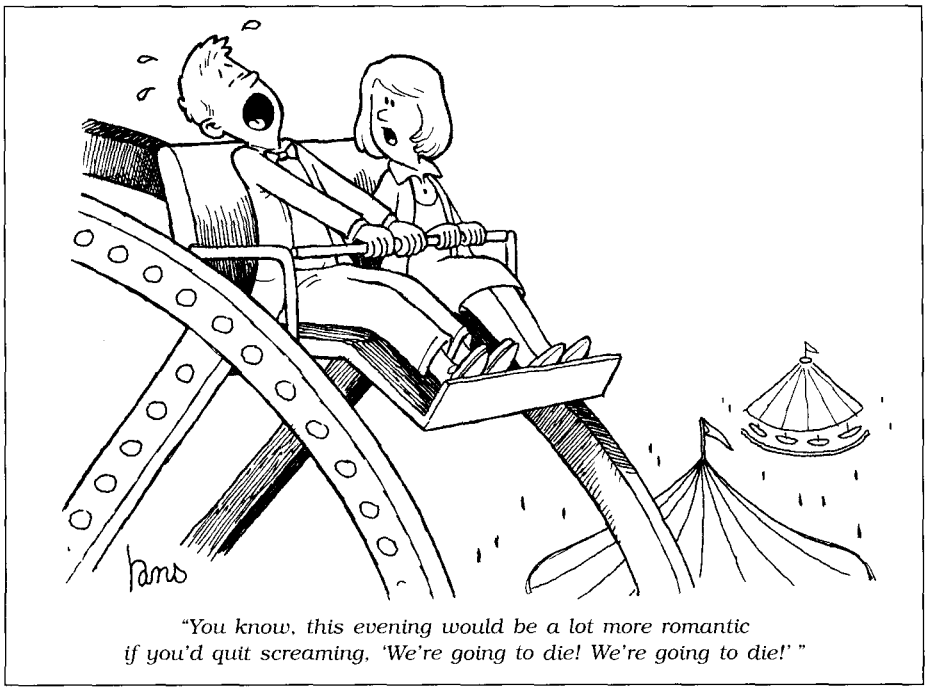
Pasteetsah

(Makes 6 servings)

1 medium-size onion, diced
1 clove garlic, minced
1 pound ground lamb
¼ teaspoon ground cinnamon
½ cup chopped fresh or drained canned tomatoes
6 tablespoons tomato paste
1 tablespoon softened margarine
2 tablespoons all-purpose flour
1 cup skim milk
½ cup ricotta cheese
¼ cup egg substitute
6 ounces dry spaghetti, cooked without salt and drained
2 ounces freshly grated Parmesan cheese

In large microwave-safe bowl, combine onion, garlic, ground lamb, and cinnamon. Cover tightly. Microwave on 100% (High) 5 minutes, stirring twice during cooking to break up lamb in small pieces. Drain excess fat. Stir in tomatoes and tomato paste. To make white sauce, in medium-size microwave-safe bowl, combine margarine and flour. Microwave on 100% 30-45 seconds or until margarine is melted. Stir well, then mix in milk. Microwave on 100% 3-4 minutes or until mixture starts to thicken, stirring twice during cooking. Whisk in ricotta cheese and egg substitute. To assemble, spoon ½ of cooked spaghetti into 8"-square microwave-safe dish. Spread lamb mixture on spaghetti. Sprinkle with ½ of Parmesan cheese. Spoon remaining spaghetti on Parmesan cheese. Cover with white sauce and remaining Parmesan cheese. Cover tightly. Microwave on 70% (Medium-High) 6-8 minutes or until heated through. ■

Per Serving (1¼ cup):
Calories: 450 Carbohydrate: 31.9 gm
Cholesterol: 70 mg Protein: 25.6 gm
Sodium: 327 mg Fat: 24.3 gm
Diabetic exchange: 2 bread + 3 medium-fat meat + 1½ fat



"You know, this evening would be a lot more romantic if you'd quit screaming, 'We're going to die! We're going to die!' "

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Advertisement

"I almost lost him once... I was determined it wouldn't happen again"

Hello, you don't know me, but perhaps we share a common problem. My name is Joan Miller. I'm 43 and I live in a small town north of Pittsburgh, PA.

If you or your loved ones are overweight or have high cholesterol, please use the help I'm about to share with you. Don't wait until it's too late, like I did.

About a year ago, I had a frightening experience. My husband, Bob, had to have a life threatening emergency heart bypass operation. But that was only the beginning.

After his surgery, Bob's doctor was extremely concerned about his high cholesterol and weight. He put Bob on a very restricted diet and prescribed some high powered drugs to lower his cholesterol.

Well, the diet didn't work. The portions were small and the food selection very limited. Bob was very weak and always hungry. He also had a serious liver reaction from the drugs.

Needless to say, I was worried. I almost lost him once. I was determined I would do all I could to help him stay healthy. That's when Mary, a friend of mine, showed me a new cholesterol and fat cutting book she and her husband had been using with excellent results.

Most books on cutting cholesterol and fat are just a collection of recipes made with bean sprouts.

But Mary's new book was entirely different. It was a helpful guide offering the newest natural (drug free) methods of cutting cholesterol and fat. The very same secret methods used by some of the most successful cholesterol lowering clinics in the nation.

I immediately ordered a copy for Bob and me. When it arrived Bob showed it to his doctor and they both decided he should try it.

Within 60 days, after using two of the methods in the book, Bob regained his strength, lowered his cholesterol level 45 points and lost 19 pounds!

Best of all, he was drug free and never hungry.

The new methods worked for me, too!

I lost 47 pounds in 139 days. My cholesterol has been good. But I've always had a weight problem, losing pounds and then regaining them back. It has been over a year and I haven't gained one pound back!

These methods worked for us because they gradually helped us adapt an eating plan so simple it became a way of life. We continue to eat three meals a day, enjoying most of our favorite foods. Plus, we can eat as many healthy snacks as we want. The best part is, it's all natural (drug free) and we're never hungry!

Bob's doctor told us if more people practiced these methods, certain cases of cancer, diabetes, obesity, and heart disease would be drastically reduced.

This new book could save your life, and the lives of your loved ones.

It's based on studies conducted by prominent doctors at some of America's most distinguished university medical centers.

It gives you more up-to-date drug free methods for cutting cholesterol and fat than any single book or program available today. The same secret methods used by costly cholesterol lowering clinics and cardiac rehabilitation centers.

Plus, this book shows you...

- How to slash two-thirds of the fat and oil from your favorite meals and still retain flavor, **page 165**
- Dangerous foods that stimulate your liver to produce 1½ to 3 times more cholesterol than normal, **page 122**
- Misleading labels. What do "Lite", "Low-Cal", and "Low Fat" really mean?, **page 149**
- How a simple exercise can reduce your risk of heart attack by 28% to 40%, **page 120**
- Four important nutrients that can reduce your chances of heart disease, stroke and cancer, **page 205**
- 100 healthy, delicious foods that help you lower your cholesterol and lose weight, **page 137**
- And much, much more . . .

Others have benefited by using these drug free methods, too:

*28 heart patients cut their cholesterol 64 points, decreased their heart pain by 90% and several lost 40 to 50 lbs.!

*David R., a 45-year-old stockbroker, cut his cholesterol level 31 points, triglycerides 30 points and increased his HDL (good cholesterol) 24% in 30 days!

*Gregory P., a 38-year-old press operator, cut his cholesterol 62 points and lost 20 lbs. in 60 days.

My best advice to you is to start using these methods now, before you or your loved ones suffer the traumatic experience of bypass surgery or worse.

All of these new life saving, drug free methods for cutting cholesterol, fat and triglycerides can be yours.

This fantastic book can be ordered through Pennrich Press.

We'll send you the book immediately to examine for 31 days at no obligation. Just postdate your check for 31 days in advance. Choose the cholesterol cutting methods that suit your lifestyle.

Show it to your doctor. Try it for 31 days. If your cholesterol isn't down at least 20 points, return the book, and we'll promptly return your original uncashed check. No excuses. No delays.

Or keep the book for six months. Even then, if you're not cutting points off your cholesterol count and feeling better, return the book and receive a full refund. No questions asked.

This is the fairest way we know to prove to you that these drug free methods for cutting cholesterol and fat really work.

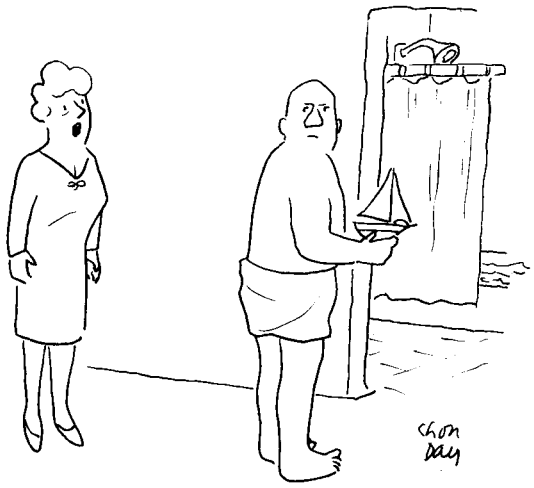
To order, just send your name, address and postdated check for $12.95, postage paid, to Better Health, c/o Pennrich Press, 8042-EY Old Oliver Road, Erie, PA 16509.

Remember, it's very important to consult your physician before starting any cholesterol cutting method. Show him this book. And be sure to visit him on a regular basis to make sure your cholesterol doesn't become too low.

©1994 Pennrich

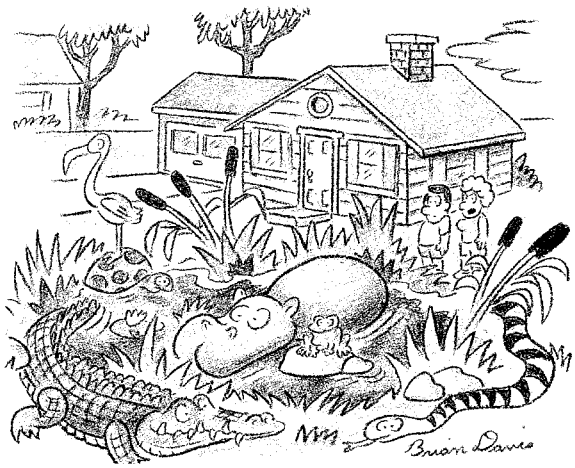
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MISUNDERSTATEMENTS

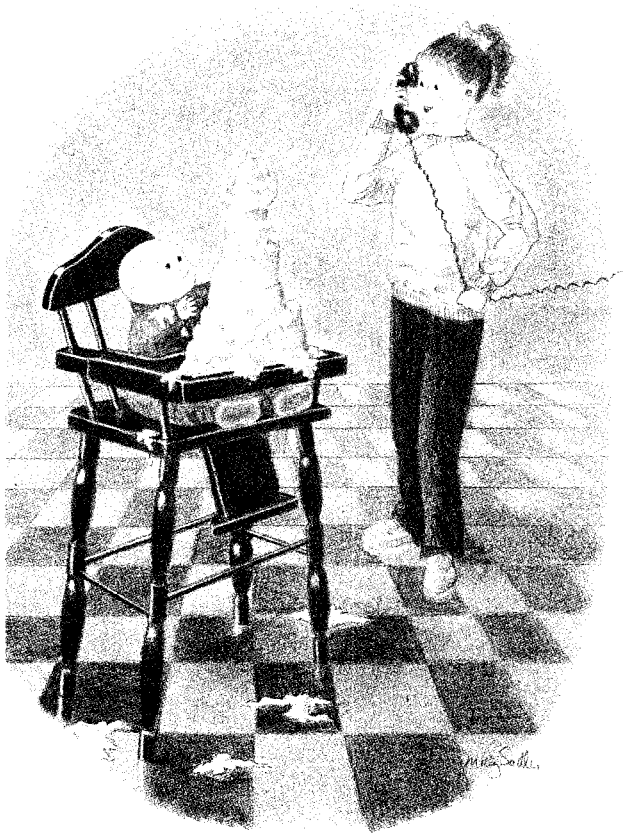


"If you're going to take a bath, the weatherman just issued a small craft warning."

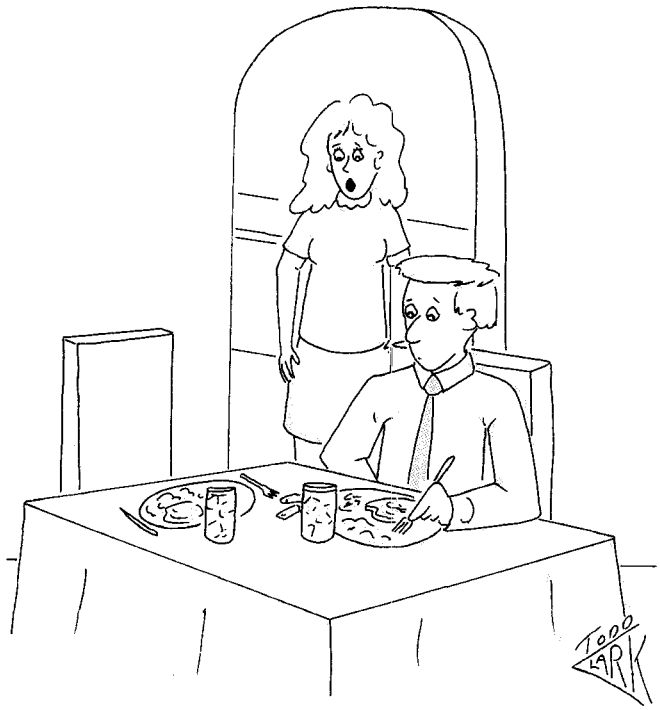
"... then, after lunch, I wash the dishes and put them in this cabinet ... say ... how long are you going to stay retired anyway?"



"Did you forget to turn off the sprinkler?"



"... and Scott loves to play with his food."



"Oh sure, I cook at home all the time—want more ketchup packets?"

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Advertisement

"How A Desperate 53 Year Old Pennsylvania Housewife Finally Discovers The Secret to Safe, Gentle Arthritis Relief "

Dear Friend,

My name is Marcella Hardinger. I'm 53 years old. I've lived on a rural route 1/4 mile north of the Mason Dixon Line in Pennsylvania for the past 28 years.

I only wish I had known years ago what I am about to share with you now. To think of the pain - the endless torture - I could have avoided.

Let's go back in time. I'm 30 years old. Arthritis attacks my right foot, then my upper back. At first, I don't realize it's arthritis. Why? Because a creek runs through the back of my property. The water is cold as ice. I swim in it. I think the cold water causes my pain, so I immediately stop swimming.

The result? Continuing ache. In fact, the pain in my upper back becomes *almost unbearable.*

Out of *desperation* I finally see a doctor. He takes an x-ray and diagnoses me with osteoarthritis.

Things do down hill fast. In 1985, I'm diagnosed with Rheumatoid arthritis in both knees, hips and my lower back.

And, just as I think that nothing else can possibly go wrong.....

My Arthritis Actually Rips The Cartilage in my Right Knee!

My doctor drains the fluid with a needle and gives me a shot of cortisone. It doesn't help, though. He says he can operate, but the arthritis may tear my cartilage again. I decline.

My pain is brutal. I try many strong medications in search of relief. Sometimes 15 pills a day. But, over a long period, they can produce many undesirable side-effects. Ulcers, chest pain, internal bleeding and stomach disorders. So I stop.

Anyway, recently I decide to try an *all natural* homeopathic remedy called ***Arthritis-Ease***™. I'm extremely skeptical, but because I'm so desperate I figure, "What can I lose?"

The conclusion? Within 5 days, I notice a real difference. Something is definitely working. *My pain is easing.* Feet. Knees. Hips. Upper and lower back. Neck. Everywhere. Blessed relief.

Less bloating. Less swelling. More mobility. More Agility. Do you know what this spells?

Less Pain!

Arthritis-Ease™ works for me. I believe in it. 100%. And most importantly ....

"I recently interviewed several arthritis sufferers using Arthritis-Ease™.... I was very impressed to learn how effective it was in relieving pain, swelling, and stiffness in many of them".
Dr. James Gitlin, Rheumatologist

"I am endorsing and recommending Arthritis-Ease™ due to the fact that I have actually seen it work. Moreover, because homeopathic medicine is all natural, it's extremely safe to use".
Malcolm Janet, Pharmacist

"On July 18, I stopped taking Rx medications. I can't thank you enough for providing such a simple and inexpensive alternative to Rx drugs. I am feeling better physically ..... and emotionally. Arthritis-Ease™ has had a great impact on my life".
Lynn Schwartz, Registered Nurse

It Can Work For You, Too!

Imagine doing things. Little things: Tying your shoe laces. Shaving. Walking. Exercising. Bending. Stretching. Writing. Knitting. Holding a cup. Mowing the lawn. Now imagine doing them without squirming.

Arthritis-Ease™ is a safe and gentle approach to arthritis pain. No harsh ingredients. No dangerous chemicals. No threat to your digestive system. Simply put: It won't tear up your stomach lining, or any part of your body. *Just safe, dependable relief.*

Arthritis-Ease™ is a 100% natural blend of highest quality homeopathic ingredients in a herbal base.

Plus, it comes in capsules. Easy-to-swallow. There's a 30, 60 or 90 day supply. I strongly suggest you start with at least a two month supply, as results may vary.

Special Free Bonus

Send for Arthritis-Ease™ within 11 days and you'll receive *FREE* a valuable bonus report, **"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs"**. It's a $15.00 Value.

Why are they making this completely and totally risk-free for you? Simple: They know you will have less swelling. Less inflammation. Less Stiffness. Less Pain.

Marcella Hardinger suffered from terrible arthritis pain for years. Recently, she stumbled onto a "relief secret" that has given her a new lease on life. Read her amazing story and discover it for yourself.

100% Risk-Free Offer

You get a *90-Day unconditional money back guarantee.* If you're not satisfied for any reason, simply return the empty container(s) for a full refund.

If this 53 year old housewife can get *safe, gentle arthritis pain relief.... you can, too!*

Simply fill out the order form below and mail with your payment or, for faster service, call:

1-800-749-3937 Ext. 3

❑ ***YES!*** Please rush my order of Arthritis-Ease™ capsules immediately. My satisfaction is guaranteed for 90 Days. I must have less swelling. Less stiffness. Less inflammation. Less pain. In short ... *blessed relief without side-effects* ... or I'll simply return my empty container(s) for a full refund of the product's purchase price. My risk is zero.

Check One:

❑ 30 Day Supply (60 Capsules) **$23.97**
❑ 60 Day Supply (120 Capsules) **$39.97**
❑ 90 Day Supply (180 Capsules) **$53.97**

Price includes $4 for Shipping

Mail To:
Tabak's Health Products
4029 Westerly Place, Suite 102
Newport Beach, CA 92660

Send Order To:
Name _____
Street _____
City, St, Zip _____
Phone _____

Method of Payment Enclosed:
❑ Check/Money Order
❑ Visa ❑ MasterCard ❑ Discover

For Credit Card Orders Only:
Card # _____
Exp Date _____
Signature _____

117

Important: Consult your physician before making any changes in your medications. This product is not intended as a substitute for medical advice. Results may vary from individual to individual.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TONY BENNETT: BETTER THAN EVER

Chased by bobbysoxers in the '50s, at 68 he's an idol of the MTV set. Bennett and longtime fans aren't sure how to explain his following of listeners in their 20s and 30s.

by John Daly

Tony Bennett has been in the music business for more than 40 years, but when it comes to promoting himself in the video age, the 68-year-old crooner still knows all the latest moves. While autographing copies of his latest recording, *Unplugged*, at a downtown Toronto music store recently, Bennett decided on the spur of the moment to drop by the studios of MuchMusic, the music-video channel, where he had been interviewed two days earlier. Less than an hour later, he was on the air live, reading a news report about the Rolling Stones' surprise nightclub appearance the night before. Later, he sang George Gershwin's "Fascinating Rhythm," accompanied only by his talented young drummer, Clayton Cameron, playing a snare drum with brushes. "I know that everybody who watches this station likes to dance," Bennett said. "And we've given you guys a really great beat to think about."

But while he enjoys exploring a new medium, there is little about Bennett that is new. In fact, his repertoire and delivery have changed little since he was discovered by Pearl Bailey in a Greenwich Village nightclub in 1949. Bennett still performs in either a suit or a tuxedo. He also draws his material from what he calls "the Great American Songbook"—his previous two albums, *Perfectly Frank* (1992) and *Steppin' Out* (1993), were collections of old Frank Sinatra hits and songs from Fred Astaire movies. Recently, he performed in the first of three shows at a 1,000-seat hall in the Performing Arts Centre in the Toronto suburb of North York. Backed by a trio led by his longtime pianist, Ralph Sharon, Bennett paced the two-hour show with plenty of tempo changes and peppered it with Vegas-style vocal flourishes, yelling "You're beautiful!" and "What a night!" at the end of a couple of songs. Yet, as deliberately dated as Bennett's style is, over the past two years he has won a large following among listeners in their 20s and 30s—and both Bennett and his fans still are not quite sure how to explain

Frank Sinatra dubbed his friend Bennett "the best singer in the business." Ninety-five albums, four Grammies, and a still-booked-solid schedule attest to it.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

the phenomenon.

Bennett is not the only veteran artist to enjoy a recent surge in popularity. Sinatra turns 80 this year. Yet his *Duets* album—new versions of his old hits sung with such younger performers as Natalie Cole and Bono, the lead singer of U2—has sold close to three million copies since its November 1993 release; a year later, he released *Duets 2*, which features duets with Neil Diamond and Linda Ronstadt, among others. Veteran country singer Johnny Cash, 62, has also recorded a song with U2, and was invited—but declined—to perform on last summer's annual Lollapalooza new music tour.

In Bennett's case, even he concedes that at least part of his resurgent popularity is the result of a clever promotional strategy. Bennett allowed his son, Danny, 40, to take over as his manager in the mid-1980s. "My son knew there was another, younger audience out there," he said. Danny Bennett secured his father spots on TV shows that appealed to youthful viewers. "He started me out on an 'SCTV' skit," Bennett recalled in an interview at his hotel. "And I was on 'The Simpsons.' And then 'David Letterman.' "

The 68-year-old crooner paired up with singer k.d. lang on the highly rated "Unplugged" special on MTV. The cable network caters primarily to the 20-something generation.

The Bennett revival kicked into high gear last September, when he appeared as a presenter on MTV's Video Awards show. In a playful role reversal, Bennett appeared dressed in a velvet top hat and shorts, part of the customary garb of his co-presenters, the Red Hot Chili Peppers. They, in turn, wore tuxedos. As well, MTV placed Bennett's stylish video for the title song from *Steppin' Out* in its regular rotation. That TV exposure led to a spot on a December tour sponsored by rock radio stations in several U.S. cities. Bennett shared the bill with The Lemonheads and several other bands in 10,000-seat halls.

Members of that new, young audience were scarce at Bennett's concerts, however—possibly due to the steep ticket prices, which started at $32 apiece and climbed to $75. Two who stood out among the grey heads were nightclub manager Stephen Petrie, 32, and his girlfriend Carolynne Rodgers, 30, a preschool teacher. When asked to analyze the appeal of Bennett's music, Rodgers replied: "It's just cool." Petrie added: "People have just started digging deeper into the vaults."

The next day, dozens of young Bennett fans showed up at a lunchtime mini-concert and autograph session at a downtown record store. "He's, like, pure star. Real cool," said Derek Mazzei, 20, who is the lead singer of a local rock band called Caddis Fly. Mazzei, wearing purple running shoes, baggy sweatpants, and earrings in both ears, said that some of the appeal of Bennett stems from a fresh interest in jazz. "Jazz is getting into hip-hop now. It's getting into everything." He added that many young listeners dislike being stereotyped as Generation Xers who only listen to suicidal grunge music. "It's all bull," said Mazzei. "But they have to categorize us."

"I was the Madonna of my day," Bennett says. Indeed, when the bobbysox idol married in 1952, 2,000 female fans showed up outside the church in black veils.

Bennett finds it encouraging that listeners and record executives alike are beginning to rebel against marketing stereotypes and the "big score" philosophy that has driven record companies since the 1960s. Prior to that, he explained, record companies recognized the value of allowing performers to build up a catalogue of dozens of records. But after the Beatles, Bennett said, record companies only wanted blockbuster albums that could sell millions of copies. In his own case, he severed his contract with Columbia Records in the early 1970s because they wanted him to sing rock songs. "They wanted me to sing Janis Joplin," Bennett said. "I told them, 'You do it.' "

He rejoined Sony/Columbia in 1986 and says the company has given him complete freedom to record the standards that he loves. And looking ahead, that is exactly what he intends to keep on doing. "The myth has always been that after 35, you start to go downhill," Bennett said. "Well, I had very good teachers. They taught me well how to preserve my voice."

And Bennett likes the new company he is keeping—the young performers who have lined up to sing with him in recent months. Both Elvis Costello and k.d. lang joined him on his *Unplugged* album and TV special, which aired on MTV in early June, and he says that he would like to record an entire album with lang. Bennett's style may not have changed, but he's steppin' out with a whole new crowd.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TALKING WITH TONY

The Post *caught up with legendary vocalist Tony Bennett in Columbus, Ohio—one stop on his 40-city international concert tour. We asked Bennett about his 45-year career and future plans.*

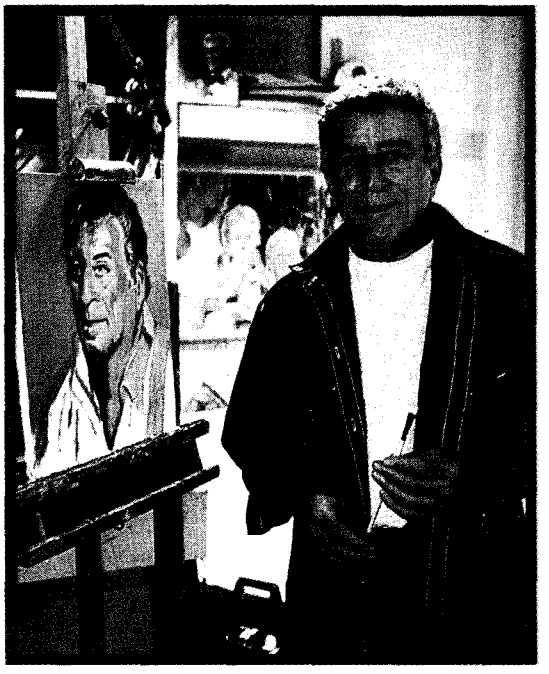
by Patrick Perry

Post: You've done 200 dates this year all over the world. You're 68 and still in great shape. How do you do it?

TB: You learn, you know, in life to finally take care of yourself. When you're young, you just don't know quite how to do it. I just eat well and exercise. I also had some wonderful teachers who really taught me. And I'm still learning right now.

Post: Do you have any advice for people your age?

TB: I'm fortunate. Life is tough a lot of times, but no matter what the circumstances you run into, it's very important to keep your spirit. I can say that easily because I just had a passion, you know. The great jazz-blues singer Joe Williams told me once, "What people don't realize about you is not that you *want* to sing. You *have* to sing." It's been that way with my painting and my singing. I've always *had* to do the two things. I've never had to say, 'What am I going to do with my life?" When I'm singing, I'm thinking of painting. When I'm painting, I'm thinking of singing. I stay in that nice creative zone.



He admits two unquenchable passions: painting and singing. "I've been fortunate," he says, "in both." Today, his paintings sell for five figures.

Post: You paint every day.

TB: That's true, yeah. I love it. I've been very fortunate. Just three weeks ago, I had the high honor of being accepted in a wonderful museum, the Butler Institute of American Art in Youngstown, Ohio. It's the first museum that presented solely American art. I'm in the company of Whistler, Homer, Aikens, and Sargent: all the great painters. They gave me a full retrospective and with good reviews. It was a thrill.

Post: We love your music, and now there's a whole new generation who does also. What was it like to re-emerge, and how did it all come about?

TB: I've been so fortunate because I never really had ups and downs as far as my career. Ninety-nine percent of the time, I've been sold out all over the world. I always play these wonderful, civilized places like Radio City, Carnegie Hall, Hollywood Bowl, Wolftrap in Washington, D.C. My fans have stayed loyal to me right through the years. We've always done well. Then my son, Danny, started putting me on shows like "SCTV" in Toronto with John Candy. I did the first "Simpsons" show, then "David Letterman." These are young demographic shows. I said, "What are you doing?" Danny said, "I know something that you don't realize." I said, "What's that?" He said, "There's a lot of young people who like what you're doing." I said, "I didn't realize that."

So during the last holiday season, he had me perform on these alternative rock stations that had holiday parties throughout the country. We went to Houston, Dallas, Los Angeles, San Diego, up to San Francisco, then back to New York. We did about six parties. It was crazy. The reaction was unbelievable. I was doing what I've always done, and not trying to do one of *their* songs: what I feel is contemporary. I just sang what I've always sung—you know, the American songbook of Gershwin and Cole Porter and Irving Berlin. We appeared right smack into the middle of a whole group of rock acts and got a great reaction. It's been going ever since. From that, we were able to obtain the MTV special. All of a sudden, everybody starting saying, "Tony Bennett's cool."

Post: Totally cool.

TB: It's just wonderful. Here I am 68. I know the history of the record business so well because I followed Billie Holiday into the record studios. It was so primitive compared to the sophisticated business today. I'm supposed to be a museum piece to big record companies that have enough catalogue. Sony/Columbia is treating me with the same kind of promotion as a rock artist. Now when I play, there's a whole sprinkling of the MTV audience in each town. It's even more enthusiasm than I usually get. It's terrific.

Post: What's it like to take orders from your son?

TB (laughing): He's very educated. We get along great. He's very creative and comes up with things that are so phenomenal. He's made my life just an entertainer's dream. "60 Minutes" has been following me around [*the segment is scheduled to air in January*]. And I'm doing the halftime show at the Super Bowl this year. Wonderful things are happening.

Post: Do you have grandkids?

TB: I have four grandchildren: two girls and two boys. And I have two daughters. My two sons have been involved in my business. One is a production manager for me: his name is Daegal. My son, Danny, has been managing me for 15 years now. Daegal

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

has the Hillside Recording Studio in Englewood, New Jersey.

Post: Do any of your children sing?

TB: My daughter, Antonia, is at Berkeley College right now, which is a wonderful music school up in Boston. They have great teachers. She's doing so well and singing very, very well. Reviewers really like the way she sings. My other daughter, Joanna, is an actress. She's been in Martin Scorcese's films with Robert DeNiro. Just small parts, but getting good credits as she goes along. She's a very beautiful girl.

Post: Your life is pretty busy. It's a good thing you've been exercising along the way.

TB: I'm telling you. A little while ago, you asked what advice I could give. A lot of people don't realize that they're living kind of demographically. You're supposed to retire when you're at a certain age. Like when you get 55. Big corporations let you go and bring in younger people. But it's a fallacy because, thank God, if you take care of yourself, you can live a lot longer these days. If you exercise properly, just moderately, you can really live long and have a very nice life. It's amazing. George Abbott, the playwright, is 106, and he's still going. George Burns is 99. I just did the "Bob Hope Christmas Special" and Bob was fantastic. He's in his 90s now and such a great guy. It was a great thrill to be with him. He started me out years ago.

In 1949, Bob Hope spotted a young Bennett at the Greenwich Village Inn in New York where he was performing with the late Pearl Bailey. Hope and Bennett reunited in last year's "Bob Hope Christmas Special."

Post: Was it Bob Hope or Pearl Bailey?

TB: Pearl put me on a show. It was the first break that I got down at the Greenwich Village Inn. Bob was in town with Jane Russell at the Paramount Theater. He came down to take a break from doing four shows a day. He came to see Pearl. I was the only white guy on that show. He got a kick out of it. He took me on the road and to California. He actually showed me what to do on the stage and how to perform. You could point him in any direction and he'd be there. I actually followed that system myself. To this day, I still use the same rules.

Post: Do you have a favorite song or composer? I know that you really like Gershwin and Porter.

TB: First of all, I like Harold Arlen and Paul Berg, as far as lyrics. He studied with Ira Gershwin in college. They really studied George Bernard Shaw and Shakespeare and e e cummings.

Their songs are timeless. They'll never really get old. Great songs that are really America's greatest folk songs. That's what I sing. My favorite song is "I Left My Heart in San Francisco" because it's become my signature song. I sang it for six American presidents and five command performances . . . it's made me a world citizen.

Post: You started out as a singing waiter? Is that right?

TB: I was a singing waiter in Astoria, Long Island. I loved it. I never

continued on page 88

Living legends Frank Sinatra and Tony Bennett predate rock-'n'-roll, but their individual "swing" styles from the '40s and '50s continue to win audiences. Early in Bennett's career, he "steps out" with the Step Brothers.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

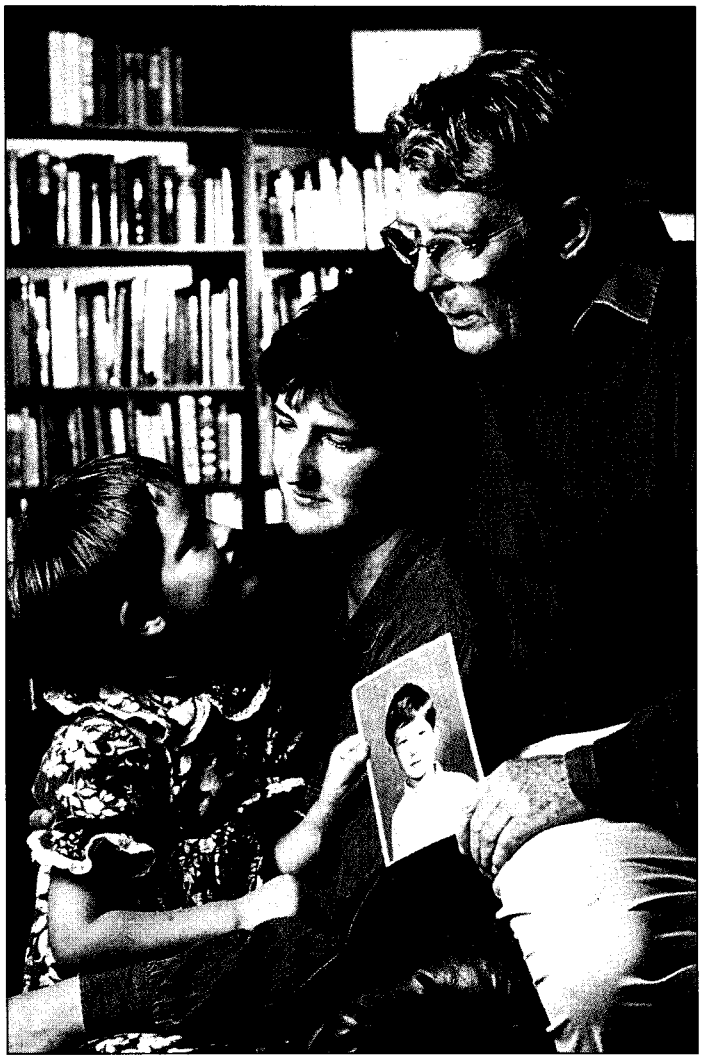
THE GREATEST GIFT

Through the miracle of transplantation, thousands are living healthy, productive lives. But each year, thousands more die waiting for people to register and share the ultimate gift.

by Patrick Perry

When bandits fatally shot seven-year-old Nicholas Green of California while the family was vacationing in southern Italy, his grieving parents made a difficult decision. Nicholas' life had been wasted in a senseless tragedy, but the boy's parents, Reginald and Maggie Green, wanted his healthy organs to bring life to others. Nicholas' donated heart went to a 15-year-old boy with congenital heart problems, his liver to a 19-year-old Sicilian woman, and his kidneys to two other children.

The Greens' magnanimous act touched people across the world. Calls to the Organ Donor Association in Italy, a country with one of the world's lowest organ donation rates, increased fivefold after Nicholas' death, according to Pier Geatano Dellan, agency director. The worldwide publicity also focused national attention onto the 36,500 Americans presently on transplant waiting lists. Each day, the lists grow. Each day, eight or nine die waiting.



The Greens of Bodego Bay, California, received Italy's Medal of Honor for donating their son Nicholas' organs. Their selfless act prompted a dramatic increase in Italian organ donations.

Last September, Rick and Theresa Leibold of Indianapolis were anxiously awaiting the birth of their second child. With the nursery ready and a smooth pregnancy, the young couple anticipated no problems. Moments after a normal delivery, however, the pediatrician became concerned about the infant's pale color. As a precaution, he rushed the newborn, Samuel Richard, to intensive care. Little Sam was, in fact, very ill. Born without the upper left chamber of his heart, he would not survive without drastic medical intervention. The Leibolds were confronted with two options: the first, a surgical heart repair that had proved statistically less successful than the couple's second possible option, a transplant.

"The information the doctors were giving us was not at all hopeful," Rick Leibold recalls. "We felt, however, that the grace of God was with us the whole time. Things were going to work out."

Sam's name was immediately placed on an organ donor waiting list, joining 36,500 other Americans in need of organ transplants. A week later, the Leibolds received a call. A suitable infant heart had become available and prequalified for their son. After a complicated but successful transplant surgery, Samuel Richard Leibold went home with his parents and three-year-old sister, McKenna, in late October.

"Sam should live a normal life," Rick says. "The doctors anticipate his being a normal child. The prognosis is great!"

But Sam was one of the lucky ones.

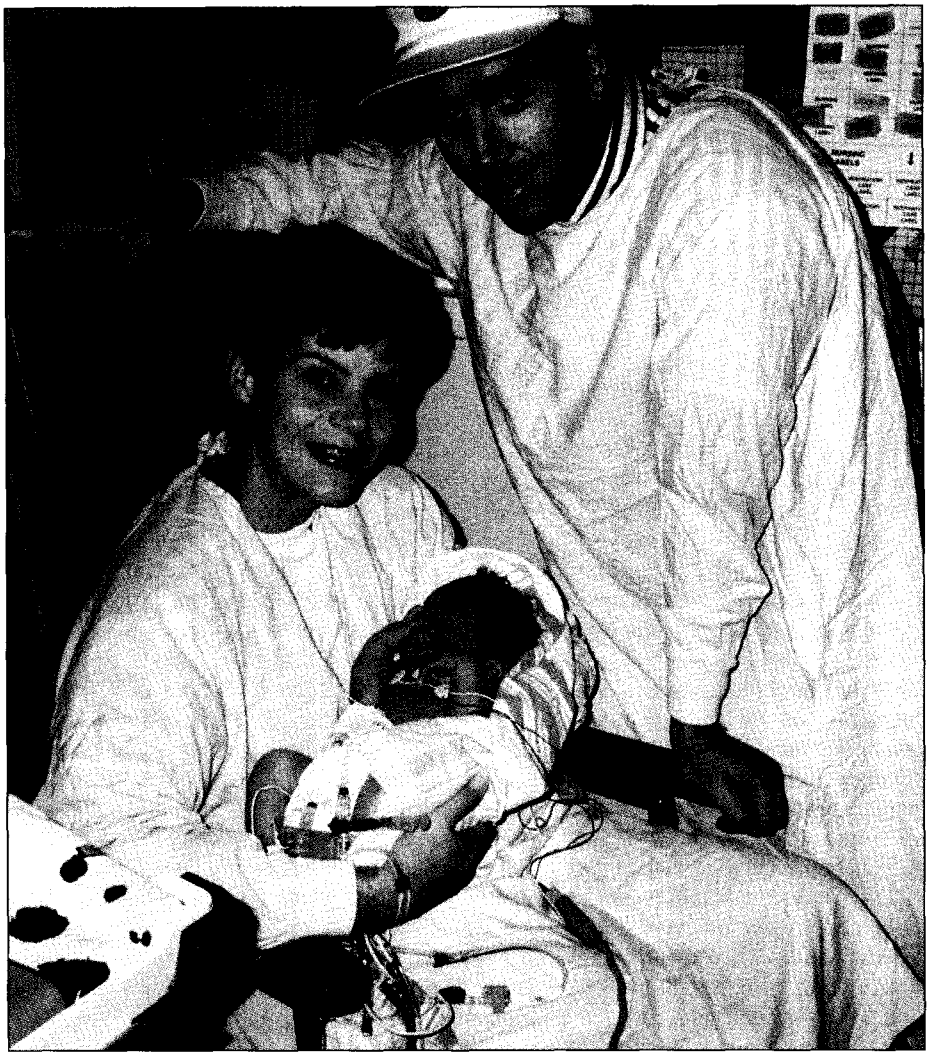
For others, the future is less hopeful because the demand for donor organs far outpaces the supply. Although organ transplantation is one of the most remarkable chapters in medical history, the biggest obstacle transplant science faces today is the severe shortage of suitable organs to transplant.

"In 1993, more than 50,000 transplant patients were registered on the national waiting list over the course of the year," says Joel Newman, spokesperson for United Network for Organ Sharing (UNOS), the national organization that oversees the allocation of all donated organs in the United States. "Unfortunately, 3,000 died waiting."

Certainly, no one knows the story better than the transplant teams.

"The more you are able to achieve success in patients, the more frustrated you are by the inability to get adequate numbers of donors when you know that if you had them, you would achieve a lot," says Dr. Joel Cooper,

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Rick and Theresa Leibold's son, Sam, was born with a malformed heart and given a few days to live. After a heart transplant, Sam is now expected to have a normal life.

who performed the first successful single- and double-lung transplant and is now performing transplants at Barnes Hospital in St. Louis.

Dr. Cooper is hopeful that research into the use of organs from another animal species will someday help eliminate this critical shortage and save lives. But the process, known as xenografting, is still 15 or 20 years away at best.

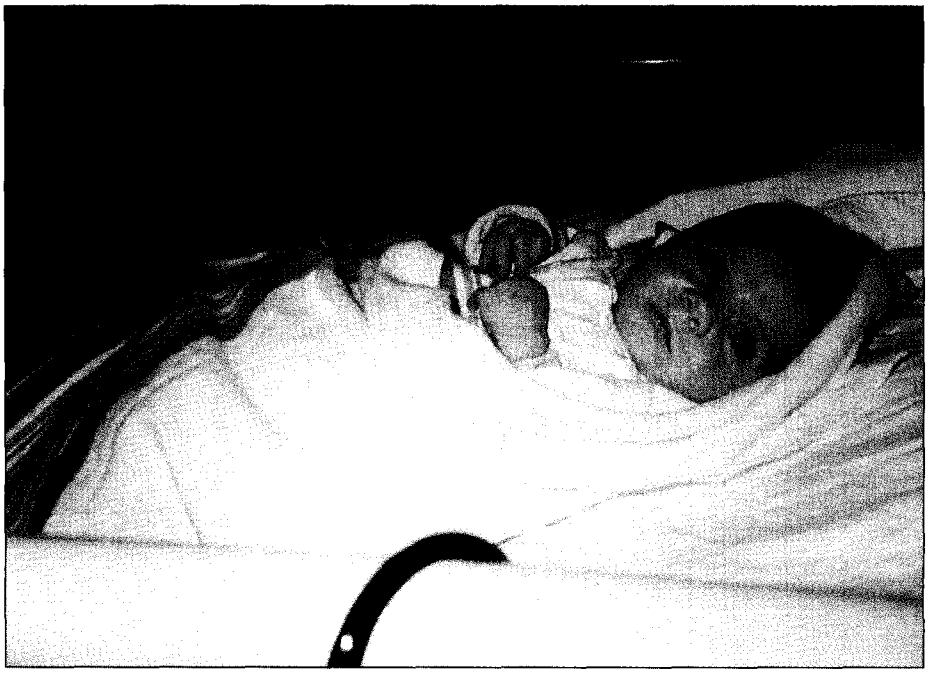
Ironically, national Gallup polls and local surveys indicate that 85 percent of Americans believe in organ donation, *but they fail to take the critical step of conveying those wishes to family members. Many assume it is enough just to fill out the back of a driver's license or an organ donor card, but this does not ensure donation will take place.*

In European countries, such as Austria, "presumed consent" allows physicians to recover organs routinely, unless expressly vetoed by the victim. *In the United States, next of kin make the final decision about organ donation, at the time of death.*

Although Maryland and Pennsylvania have proposed legislation that would make all people potential organ and tissue donors, most states stipulate that organs cannot be removed without written consent from the next of kin, even if the victim expressed a desire to do so on a driver's license or donor card. Although state laws differ on whether a donor card is legally valid, filling out a card is still vital in helping families make the decision to donate organs during a crisis.

"It's really imperative that family members are informed of an individual's choice about organ and tissue donation," says Pat Kail of Center for Organ Recovery & Education (CORE) in Pittsburgh, which serves the largest transplant center in the world, University of Pittsburgh Medical Center. "At the time of death, if a representative from an organ procurement organization approaches your family about donation, the family is often left questioning: 'I don't know; we never talked about it.' At least eight times out of ten, the family will say 'no' because they don't feel comfortable making the decision on behalf of the loved one." A signed organ donor card can help the family feel comfortable donating a loved one's organs.

When Kirk Walker of Ohio died at 17 in a car accident, the attending



When placed on the transplant waiting list last October, Sam Leibold was one of 2,866 patients waiting for a heart. Unfortunately, many are not as lucky as Sam.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"I never expected it to happen to me," said transplant recipient Jane Neely of Pittsburgh. "I carried a donor card, thinking maybe I'd help somebody else."

physician asked his parents about organ donation. His parents remembered that organ donation was a topic their son had discussed not too long before his accident. They respected Kirk's wishes; as a result, a Wisconsin farmer received a long-awaited heart transplant. Two local girls received new kidneys.

From a recipient's standpoint, the gift of a donated organ is a second chance.

"I had to wait to near death to receive my heart, but I am one of the lucky ones," 14-year-old Aimee Zabrin of Wheeling, Illinois, said during a media conference after two heart transplants. "If a family decides to donate, their tragedy can bring life to other human beings."

For transplants to be successful, however, time is a critical factor. Organs must be immediately transferred to the hospital, or the odds of successful transplantation dwindle. The window of opportunity varies for different organs: the kidneys are viable for 48 to 72 hours, the heart and lungs for only 4 to 6 hours after recovery.

Organs are available for transplant only after a person has been declared brain dead. This determination of brain death is based on strict medical and legal guidelines. First, the brain must have stopped functioning, indicated by flat brain waves on an EEG test. In addition, artificial means must be necessary to maintain heartbeat and breathing. If artificial life-support systems were removed, all bodily functions would cease. Only at this point does organ donation become a possibility.

Donors can specify which organ or organs are to be donated, but all organs are continually needed, including kidneys, hearts, livers, lungs, pancreases, intestines, eyes, skin, heart valves, and bone.

There is no charge for organ donation. The National Organ Transplant Act of 1984 strictly prohibits the buying and selling of human organs. Organ donation is a gift; hospitals cannot charge families for the surgical removal of donated organs, and if they mistakenly do, the procurement agency will gladly straighten out any bills. The removal of organs and tissues does not interfere with customary burial arrangements.

There are a number of myths about organ donation. One popular misconception is that religions prohibit organ donation. In fact, all major organized religions support organ donation. Some consider it an act of charity, others a matter of individual conscience. Roman Catholics view organ donation as an act of charity. The Church of Christ Scientist, while normally relying on spiritual means rather than medical for healing, says that organ donation shall be the individual decision of a church member. Judaism teaches that saving a human life takes precedence over maintaining the sanctity of the human body. Provided the moral integrity of the donor is not violated, the Episcopal Church finds nothing offensive in organ transplants. Baptists approve organ transplant when the transplantation offers real medical hope for the recipient.

Some people assume they're too old or medically unsuitable for organ donation. "If you have questions, call

ORGAN DONOR CARD

_____
Print or Type Name of Donor

In the hope that I may help others, I hereby make this anatomical gift, if medically acceptable, to take effect upon my death. The words and marks below indicate my desires.

I give: (a) _____ any needed organs or parts
(b) _____ only the following organs or parts

_____
Specify the Organ(s) or Part(s)

for the purposes of transplantation, therapy, medical research or education;
(c) _____ my body for anatomical study if needed.

Limitations or special wishes, if any: _____

Signed by the donor and the following witnesses in the *presence of each other*:

_____ _____
Signature of Donor Date of Birth of Donor

_____ _____
Date Signed City & State

_____
Witness

_____
Witness

Signed by my next of kin: _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

UNOS or the local organ procurement organization," states Joel Newman of UNOS. "Many people assume that they can't be donors. Those assumptions may not be correct."

Another assumption most people make, such as Pittsburgh resident Jane Neely once did, is that they will not need an organ transplant. "I always carried a donor card, thinking I'd help somebody else out," she says. "My husband Mark and I had discussed the matter. We wanted to donate, never thinking it could happen to me." Jane never smoked, was never overweight, and exercised regularly, but in February 1987, one week following the birth of her second child, Jane developed a persistent cough. When the cough didn't improve with antibiotics, she admitted herself to a hospital where x-rays revealed an enlarged heart, and lungs full of fluid. The diagnosis: congestive heart failure.

The doctors believe chemicals, normally released during stress, attacked the left ventricle of her heart, destroying it in the process.

By November, Jane's condition had worsened. The cardiologist could do no more: her only hope was a heart transplant. Without a new heart, she might live another year, maybe not. By February '88, the name Jane Neely was added to the transplant waiting list. Three months later, on June 15 at 3:15 a.m., the Neelys received THE call.

Jane's donor was a 29-year-old man from Ohio.

"Everybody just has to realize that organ donation works," Jane says six years later. "After donation, people can go back to normal life again. If somebody hadn't thought about organ donation when they did for me, my boys wouldn't have their mom. The other important thing is that I was a person no one would have expected ever needing a transplant. It could happen to you. Whether it be a brother or sister, father or friends, no one can be sure if they're going to need a donation."

In August, Jane joined 1,200 other transplant recipients at Emory University in Atlanta for the biennial National Kidney Foundation 1994 Transplant Games, which drew competitors from all 50 states representing every type of life-saving transplant, including heart, lung, liver, kidney, and pancreas. The games raise awareness of the positive impact transplants have on the lives of people of all ages, educate potential

Her new heart allows Jane Neely to enjoy a "very active" role as a mother, athlete, and advocate for organ donation. She competed in last summer's Transplant Games.

SHARE YOUR DECISION

Organ donors are in demand. As medical technology and knowledge increase our ability to sustain life, the need for organs far outstretches the availability. Between 10,000 and 15,000 people die annually who are considered medically suitable for organ donation, yet only an estimated 4,800 donate. Many individuals, who might otherwise want to donate, fail to take the simple, but necessary steps.

1. Sign a Donor Card: Donor cards are available at most hospitals or can be obtained from local organ procurement agencies. You can obtain a donor card from the United Network for Organ Sharing (UNOS) by calling 1-800-24-DONOR. UNOS will mail you the necessary materials and information on the process.

2. Share the Decision with your Family: Unfortunately, many would-be donors fail to discuss their decision to donate with immediate family members. Without knowing their intent, many family members will decide against donation. If you have discussed organ donation with your family, most will respect your decision and grant permission to donate.

Answers to Common Questions

Q. What organs and tissues can be donated and used for transplant?

Kidneys, liver, heart, lungs, pancreas, large intestines, small intestines, and stomach are the organs used for transplant. Corneas, bones, and skin are the tissues most often donated.

Q. Will traditional memorial services still be possible after the procedure?

Donated organs are removed surgically, in a routine operation, similar to gallbladder or appendix removal, so as to not disfigure the body. Traditional funeral arrangements with open casket are possible.

Q. Does my family pay for donating my organs?

Donors' families are not charged for donation. Organ procurement agencies assume the costs for surgical recovery of organs and tissues. If a family believes that it has been billed incorrectly, the family should immediately contact its local organ procurement organization, which will immediately make sure the family is reimbursed.

Q. Does my religion prohibit organ donation?

All major organized religions support donation, typically considering it a generous act that is an individual's choice. Catholicism, Protestantism, Episcopalianism, and Judaism consider it to be an act of charity. Jehovah's Witnesses, Mormons, and Christian Scientists believe that organ donation is a personal decision that is left to individual consciences.

Q. Do they even want my organs?

Donor suitability is decided on a case-by-case basis. Only those who were HIV positive, had hepatitis B, or whose cancer had spread throughout the body are excluded from consideration.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Twenty-three-year-old Jerry Cound (#288), a two-time heart transplant recipient, successfully defended his title as the world's fastest transplant athlete at the Games.

donors about donation, and call attention to the critical need for donors in this country.

"It's a celebration as much as an athletic contest," said one participant. "Without transplants, many of us wouldn't be here today."

On February 3-7, 1995, the first Winter Transplant Games will be held in Aspen, Colorado. The number of transplant patients has grown so dramatically that, in the future, the summer and winter games will be held on alternate years, just like the regular Olympics.

Organ procurement agencies have launched national campaigns such as "Share Your Life, Share Your Decision," encouraging people to sign a donor card and to take the next step by making sure their family is aware of their desire to donate their organs.

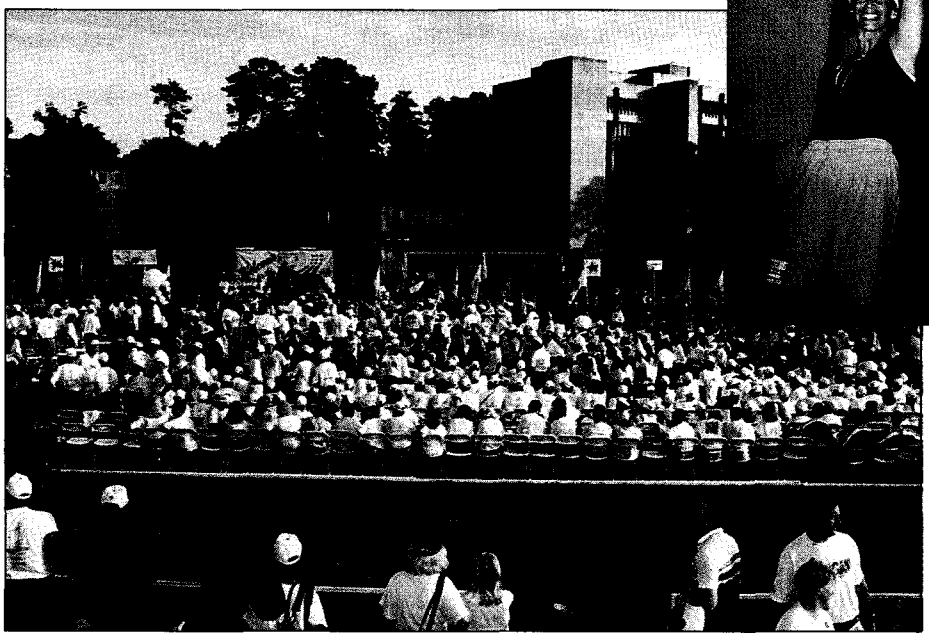
Why do so few people register, even though the polls show the majority support the idea of donation? The answer might be that death is an unpleasant topic to talk about, unless you see organ donation as Pat Kail of CORE sees it.

"When people are faced with the question: 'If you had an opportunity to help at least 200 people, would you take that opportunity?' Most people would answer 'yes'," Kail says. "That's exactly what people can do through organ and tissue donation. You can help anywhere from 200 to 400 people."

Organ and tissue donation is the ultimate gift of life from one human being to another. Perhaps Reginald Green expressed it best at the reception following the funeral service for his son. He spoke briefly about the tremendous impact Nicholas' life has had.

"He has already helped save the lives of other children and indirectly perhaps many more in the future. He also has struck a spark of love in the hearts of millions of parents and children around the world; if this isn't immortality, it must surely come close."

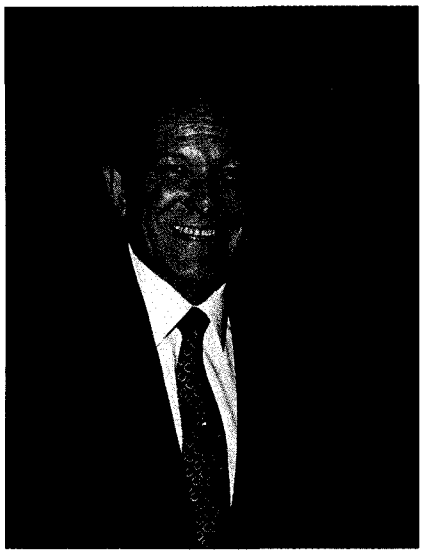
For more information, contact your local hospital, kidney or heart foundation, organ procurement agency, or UNOS at 1-800-24DONOR.



Organized by the National Kidney Foundation, the Olympic-style competitions are open to recipients of life-saving organ transplants. Champions receive gold, silver, and bronze medals. (Left) More than 1,000 transplant recipients participated in the games at Emory University; the first annual Winter Transplant Games will be held February 3-7, 1995, in Aspen, Colorado.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

REUNION: THE TWO SIDES OF ORGAN DONATION



Rep. Floyd Spence, South Carolina Double Lung Recipient

When Floyd Spence, U.S. Representative from South Carolina, received a double-lung transplant in May 1988, the operation attracted national publicity. Spence had suffered for years from chronic obstructive lung disease and had eventually been confined to a wheelchair and put on oxygen. He had been on the transplant waiting list for about six months when word came that lungs were available.

Transplant recipients seldom learn the identity of their donor, but Spence did in an unusual way.

"The mother of the young fellow whose lungs I have read about my operation in the newspaper," Spence recalls. "She knew her son was killed on that day and that he was a donor, because he'd talked about it with her. She called the hospital, and they verified that I got his lungs, then she wrote me before I left the hospital."

Her name was Laura Saxon. She was from Mobile, Alabama, and Spence remembers the letter well.

"It is very difficult to lose a son," she wrote, "but it's made better knowing that he's living in five other people."

The hospital confirmed that others had received the boy's heart, kidneys, and liver, but did not reveal the recipients' names.

"She contacted me, and I talked with her. Since then, I've gotten to know her real well," Spence says. "The ironic twist of the story is that another lady in San Antonio, Texas, read in *The Saturday Evening Post* about my transplant, noticing the date of it. She had received a kidney transplant that same day."

The curious San Antonio resident contacted the hospital that performed her transplant and learned that her donor kidney came from the same young man as Spence's donor.

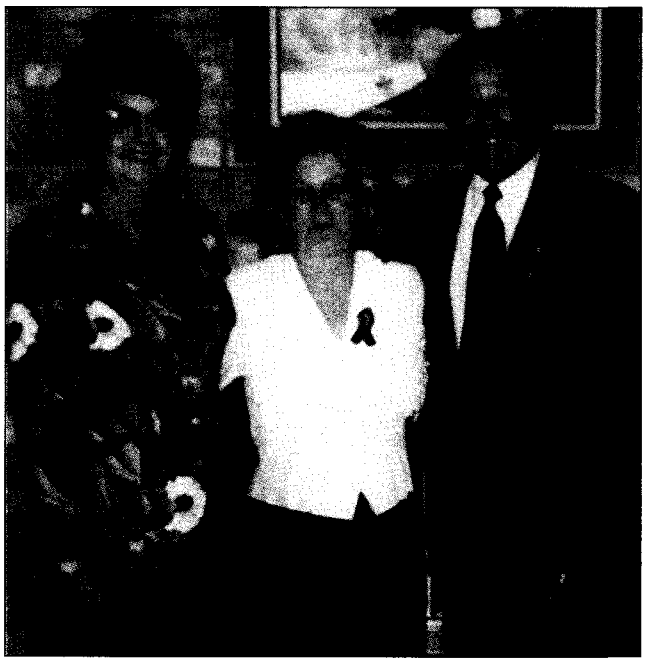
"She contacted me to tell me about that, but she didn't know who the mother was, so I was able to put her in touch with the mother," Spence says. "They have since been introduced. And the San Antonio recipient knew another lady in the San Antonio area who received the other kidney. We were able to get in touch with her, too. Back in the spring, we had a family reunion out in Tyler, Texas: the mother of the young fellow, me, and those two ladies who got the kidneys."

Initially, Floyd Spence had mixed feelings about meeting the mother of the 18-year-old young man whose death had given him a second chance on life.

"This mother has lost her son. You worry about that, but she put me at ease right off the bat," he recalls. "She said that usually when a loved one is killed or dies, that's the end of it. In this case, he's still living in five other people. I've talked to other mothers of young people who have been donors, and they feel the same way. As a matter of fact, they're the biggest proponents I know for organ donation. That's what's so encouraging."

Today, Floyd Spence leads a normal life. But the busy congressman always finds time to speak to others about organ donation and to encourage and offer hope to potential recipients who are anxiously awaiting transplant. As a man whose life would have ended years ago, Spence urges others to consider organ donation.

"When we leave this earth, we take all our organs with us. We could leave them behind to help save another's life or help the quality of life for somebody else," he said. "We don't need them anymore. No reason I can think of in the world . . . if people could only see the good that it does in restoring people's lives and the quality of life."



Kidney recipient Dot McKinley of Tyler, Texas, joins Floyd Spence in embracing Laura Saxon of Mobile, Alabama, mother of the 18-year-old donor whose donated organs both carry.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

EATING OUT OF HAND

At last! A legitimate excuse for eating 1,417 pounds of food each year. Blame it on changing from fingers to fork.

by John Bohannon

The next time you stuff yourself with a huge meal and leave the dining room table in guilt and your diet in ruins, consider this fact: each year the ordinary person eats about 1,417 pounds of food. That's about 4 pounds of food every day. And during one year of consuming a lot of extra calories and cholesterol, the ordinary person also ingests about 9 pounds of chemical additives.

Blame it all on the invention of the fork. To paraphrase the French philosopher and mathematician Blaise Pascal: if the fork had not been invented, and if Cleopatra's nose had been shorter, the whole face of the world—and our figures—would have changed. Well, we can't actually blame the fork itself, but perhaps if we understood the fork a little better we might have a clearer understanding of ourselves at the dining table.

Our word "fork" comes from the Latin *furca* and the Old English *forca*. Small forks used for eating first appeared in Tuscany in the 11th century, and they were still a rarity in Italy by the 14th century. In 1611 an English traveler, Thomas Coryate, returned from a visit to Italy with several forks (put inadvertently, of course, into his travel bag when he left a wayside inn) and tried to create some interest in them. But most people called him affected for using so odd a device to put food into his mouth. Throughout the England of that era most folks scorned the new-fangled gadgets as a foreign novelty, really quite gauche, and derided those who used them. Many British clergymen were vehemently opposed to forks; they believed that only human fingers were worthy of touching God's food. Often, when someone died after having used a fork, these clergymen preached that it was God's way of showing His displeasure over the use of such a shocking novelty, even though the victim might have died of the plague. The fork was first introduced in America in the 1630s, thanks to John Winthrop, the first governor of the Massachusetts Bay colony.

Before the fork was invented people ate with their fingers, which was

Thomas Coryate introduced Italian forks to his fellow Englishmen. The English, ever hesitant to adopt foreign ways, labeled Coryate affected and effeminate.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

messy, but efficient. And even then—long before Emily Post or Miss Manners—there was a correct way to use one's fingers at mealtime. During the mid-1500s someone (there's always an expert know-it-all at the party) decided that refined people ate with only three fingers; commoners used all five. Soon the cognoscenti ate with only the first three fingers. This clearly distinguished the lower class from the upper class, but there's speculation that a separate class, the klutz class, developed: those who used the thumb, the ring finger, and the pinkie and kept the first and middle fingers extended. Well, no one gave specific instructions as to *which* three fingers to use. It took a while, but people finally got the proper fingers, and class distinction, sorted out at mealtime.

The Dutch humanist Erasmus, whose heyday was in the early 16th century, was among the first concerned about table manners. He insisted that diners never lick their fingers or wipe them on their coats. "Tsk-tsk-tsk," he said, or some similar admonishment. It was better, according to Erasmus, to wipe one's fingers on the tablecloth, a custom that certain people observe even today. (These are the people who also believe that parking lots are where you're supposed to empty the car's ashtray, and they also sit behind you in the movies and talk.)

Napkins, as we know them today, have not always been widely used. Early Romans, Greeks, and Egyptians used "serviettes," napkins the size of bath towels. In the 1700s it was acceptable at the table to use the serviette to also wipe off all utensils, as well as greasy fingers and lips. But apparently someone got sick and tired of washing all those huge serviettes, because the etiquette of the day soon encouraged people to first wipe their fingers on a hunk of bread to keep serviettes cleaner. And finally someone began to encourage the use of forks rather than fingers. The more people used forks, the less they needed large napkins, so napkins became smaller, to the relief of the drudges who had to wash all those serviettes. Perhaps they then had more free time to watch television—who knows?

Forks were still considered odd throughout Europe as late as the 18th century, when class distinction finally made them more acceptable. The French nobility began to use forks as a statement of refinement, and the use of fingers—even the proper three—began to be frowned upon.

Before forks, Egyptians used finger bowls and bath-towel-size napkins.

Spoons and knives, of course, are much older than forks, and most people thought of those utensils as the most efficient, the only ones you would need to scoop up or spear food. The modern spoon as we know it dates back to the 18th century; table knives were introduced around 1600. Before that, people brought their own daggers to the table to serve as knives. This custom was most practical. When someone with an impressive dagger asked, "Would you be so kind as to pass me the cucumber sandwiches, please?" you can be assured that he had his fellow diners' full attention.

In France, in the 1630s, a refined man named Armand Jean du Plessis (better known as Duc de Richelieu, chief minister to Louis XIII) got tired of watching people stabbing their knives and daggers into chunks of food and then at the end of the meal picking their teeth with the sharp ends of their daggers, which was customary. He ordered the kitchen staff to file off the sharp points of all house knives, and soon round-tipped knives became the latest thing.

When the fork had finally established itself, there was another problem: Europeans were annoyed with the new practice of cutting food into tiny bite-size pieces. To these impatient diners, cutting food into small bites slowed things down. The Chinese had always observed a different tradition, believing that it was barbaric to serve food that resembled the original animal and uncouth to carve up a carcass at the table. The Chinese took care of that unseemly chore out of sight in the kitchen and served food already diced and sliced, ready to eat. And because there was no need for knives and forks at a Chinese dinner, long thin sticks were used. The Chinese word for such implements meant "quick ones," or "quick sticks," and the English translation soon became "chopsticks."

Perhaps all this history and understanding of utensils will give some of us food for thought, which might make us cut back on the amount of excess food we put away at mealtime. And if we don't do this ourselves, some wild-eyed radical might come up with a plan to ban the fork. We can't let that happen. Forks don't make people overeat—people make people overeat.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"If he's telling you it was my fault, Dad, he's got it all wrong!" Pete exclaimed.

LICENSED TO LINZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Unwelcome Tourists

by HUGH B. CAVE
Illustrated by Ernest Chiriaka

What had the Americans done to rouse the town against them?

When he had showered and put on a change of clothes, Andrew Hollis went down to the hotel desk to see about putting the car away. It was not a good idea to leave one's car on the street at night in these small towns off the beaten tourist track. Certainly not when one had a son and daughter who carelessly left the seats cluttered with their possessions, practically inviting some destitute urchin to smash a window.

He was very tired. He had done all the driving that day, so Pete might concentrate on his picture taking, and he found these Mexican mountain roads a strain. It was inconsiderate of Pete, he reflected, to have run off this evening and left him with the car to look after. But then, Pete was a thoughtless young man. This trip had driven the fact home with a sledge hammer.

My own fault, I suppose, Andrew mused unhappily. *As principal of a high school, I ought to know how to bring my own kids up properly.* Then, remembering his wife's mother and her interference, he emptied himself of a sigh. It had been so damnably difficult for so long.

At the desk he spoke Spanish. The proprietor said, "There is a place just across the street, *señor*," and, walking with him to the door, pointed to an opening in the row of shops opposite.

It was not much of an opening, Andrew discovered. His attempts to thread the needle soon had him perspiring at the wheel, while traffic of various sorts piled up and a curious barefoot audience stopped to watch. Squeezing through at last, he found himself in an open courtyard surrounded by a wall of adobe with numbered doors in it. Clothes hung on a line. An odd place to park a car.

One of the doors opened. A small boy came across the court, halted before him and said solemnly in English, "Good ev-en-ing, sir."

Andrew blinked. "Why—good evening to you!"

"Per-haps I can help you?" The words were like a column of soldiers marching. Every syllable stood proud and straight.

"They are good, Mr. Hollis," said Miguel, offering him one of the pineapple slices.

"I was told at the hotel to leave the car here overnight." Andrew's interest was held by the proud dark eyes and sensitive mouth. "Can you tell me where to put it?"

The boy showed him. He said then, "The car is very dirty, sir. Would you wish me to wash it?"

Andrew had to smile. The machine had been washed by small boys from Monterrey to Oaxaca—sometimes with bare hands and gutter water. Asking permission was a new twist, however; the urchins usually did the job unbidden and then held out their hands.

"What's your name?"

"Miguel Ochoa, sir."

"Where on earth did you learn to speak English, Miguel?"

"My teacher at school speaks English."

"And you live here?"

"In Number Five." He touched the car and frowned at his finger. "Your car is very dirty, sir."

"You may wash it, Miguel. Agreed?" Andrew held out his hand.

The door of No. 5 opened again at that moment and a dark-haired young woman padded across the court toward the clothesline, not without a curious glance in Andrew's direction.

Miguel halted her with a barrage of Spanish, "Mama! This man understands my English!"

The woman frowned.

"He does, Mama! He understands every word!"

The woman called to someone in the house, and a man came from

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

No. 5 to stand at her side—a man not old, but whose back was bent as though by a heavy load. Listening to the boy's bright babble, he looked at Andrew.

"This is true, *señor*?" he asked in Spanish.

"It is true. Your son speaks English very well." *I wish my own children spoke Spanish one tenth as well*, Andrew thought. Again he put out his hand. "My name is Andrew Hollis. How do you do?"

The man spoke quietly to his son, and the son stood soldier-straight, facing Andrew. "My father and mother would be honored if you would visit us, Mr. Hollis."

"Now, you mean?" Andrew hesitated. For some reason not altogether clear to him, he wanted very much to accept. But what about Edna at the hotel? What about Pete and Janet? He told himself that his children, out doing the town, were much too busy to be concerned about him. They always were. And his wife, tired from the day's drive, would probably sleep for an hour or more. Still——

Hang it all, he thought suddenly. *Why shouldn't I?*

When he returned to the hotel he found his wife standing at a window, wearing a dress that made her look almost as young as her daughter. He gazed at her with affection. Almost gone now were the signs of fatigue and anxiety which had so long been part of her. He wondered if she realized how much she had needed this vacation—how much had been drained out of her by all these years of caring for her ailing mother.

"Been exploring?" she said. "I was beginning to think you'd got lost."

"I was arranging to have the car washed." He sat on the bed, eager to tell her what had happened, but afraid this was not a good time for it. "Where are the kids?"

"They haven't come back. I thought we might take a walk and look for them."

Andrew frowned. "They shouldn't wander off the way they do."

His wife went to the closet and put a light wool stole over her shoulders. It was cool here in the mountains. "We'll find them. Pete's hunting for pictures of Mexican night life for that contest. Jan will be shopping for silver."

"Shopping? At this hour?"

"Well, window shopping. You know how she is."

Yes, he thought, he knew how Jan was. With his impetuous daughter a hobby inevitably became an obsession. He knew how Pete was, too; hadn't he had a mild demonstration of the boy's thoughtlessness just this evening? But except for infrequent heart-to-heart talks which had little lasting effect, he had given up trying to change them.

"I'm seven years old now, Dad, and I was just wondering how you'd rate my performance so far?"

The fanatical partisanship of their grandmother was more than a man could cope with.

For years the old lady had taken their side in every crisis. "Must you act like a schoolmaster even at home, Andrew?" And because a family argument always sent her to bed with another of her attacks, he had been forced to keep silent. She was not well—he couldn't remember when she had been well—and it was Edna, burdened with the care of her, who always had to pay the piper.

"You arranged to have the car washed?" his wife asked as they went down the stairs. "You found a garage, you mean?"

"No. Only an ambitious youngster." The memory of the past hour came back and he smiled. "I wish you'd been with me. I met the lad's parents——"

"I shouldn't have thought there was a garage in a town this size," she said absently. "You never know, do you?"

"I said I found a boy——"

He glanced at her and let it drop. Her thoughts were on the children, obviously. Perhaps she was remembering Cuernavaca, where Pete, strolling from the hotel to take a few snapshots, had discovered an American movie at the theater and disappeared for four hours.

"I don't see them," she said. They had reached the plaza. The shops that would interest Jan were here, but Andrew saw no sign of her. Nor any of Pete.

"They'll be here somewhere." *Though probably not together*, he added mentally, searching the crowd. "We'll walk about. Perhaps they'll see us."

Young couples hand in hand, kids with their bright wooden tops, oldsters sipping soft drinks at sidewalk tables—it was for this he had come to Mexico, not for the guided tours and thundering traffic of the capital. But it was difficult to capture the mood this evening, even with the smell of tortillas and sound of guitars in the air. One needed peace of mind.

"People are staring at us," Edna said.

True. People were. As he moved with her past the sidewalk tables and along the paths of the miniature park, he felt a kind of vacuum forming about him, almost as though the people of this town resented strangers. But why?

He heard quick footsteps behind him and a hand brushed his sleeve as he swung about. It was the hotel fellow. At his side, frowning, loomed a larger man in an ill-fitting uniform.

"Señor Hollis, one moment, please." The hotel man seemed frightened. "This man from the police wishes to speak to you."

"You are Señor Hollis?" the large man asked needlessly.

"Yes."

"I must ask you to accompany me."

Edna's fingers tightened on Andrew's arm. "What is he saying? What's wrong?"

"I don't know. He wants us to go with him." He put his hand over hers to calm her, and frowned at the policeman again. "Where, please?"

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"To the police station."

Andrew had no time for questions. The big man had a long stride, and the hotel fellow had disappeared. Something to do with the car, was it? He didn't think so. The kids, more likely. Some foolish infraction of a local ordinance. They were so thoughtless sometimes.

The moment he stepped into the small, yellow-walled room on the far side of the plaza and saw his children on the bench, he knew it was more. Pete's gaudy shirt was torn, the side of his mouth swollen. Janet was white and trembling.

Andrew laid a restraining hand on his wife's arm and went forward slowly, the big policeman and two others behind the desk watching him in silence. Gazing down at his son and daughter, he hoped his smile was reassuring. At least his children were facing the ordeal together, not fighting with each other.

"Trouble?" he said lightly. There had been times when such a tone of voice had worked miracles of understanding. Temporarily, at least.

Not this time. Edna, giving him no chance, was past him with a cry of anguish before he could stop her. He stepped back, biting his lip.

When he had listened for a moment to his wife's frantic questions and the frightened, angry replies of his son and daughter, he turned to the desk. "Tell me what happened, please."

"Your son was taking pictures, *señor*."

With relief, Andrew gazed at the camera on the desk. So it was only that. "What did he do wrong?"

"Some pictures one may take without the formality of asking permission. Others——"

"He broke some rule, you mean?"

"Only the rule of common courtesy, *señor*."

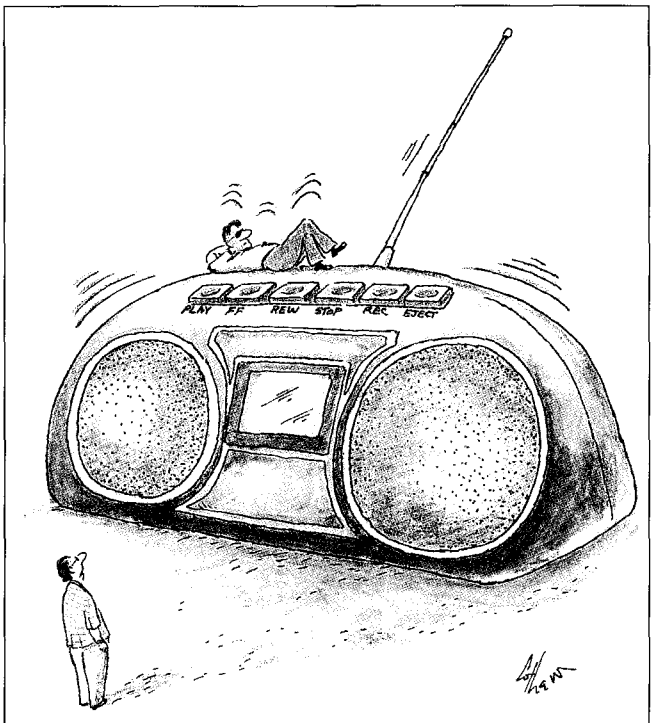
Andrew felt his hands tighten on the edge of the desk.

"You appear to be a reasonable man." The officer shrugged slightly but gazed at him like a judge. "If you were sitting on a secluded bench in the plaza of your town, embracing your wife or sweetheart, and a stranger suddenly exploded a flashbulb in your face——"

He shifted his gaze and fell silent. Pete, six feet tall, had come to the desk and was glaring at him.

"If he's telling you it was my fault, Dad, he's got it all wrong!" There was defiance in the boy's voice. "I was taking pictures, that's all. All of a sudden some character jumped up and grabbed for the camera. I tried to save it and a fight started." He turned back to the bench. "Ask Jan. She saw it."

"It wasn't his fault!" Jan shrilled in a voice that made Andrew wince. "He didn't do a thing!"



"Would you mind turning that down?"

"I see." Andrew, with a sigh, looked at the officer. "And the man whose picture was taken. He is here now?"

"We had no reason to bring him here, *señor*."

"What is the charge then, exactly?"

"There is no charge. Your son was brought here for his own protection. The crowd was angry."

"Then—we may go?"

"I will send a man with you to the hotel." The officer leaned forward. "Your son's camera, *señor*. And if next time he would have the courtesy to ask——"

"Thank you. I'm sorry this happened." Feeling old and tired, Andrew handed the camera to Pete and turned to his wife, who sat on the bench with her arm about his daughter. "We can go," he said.

On the way back to the hotel he was silent. It seemed a long walk.

"Daddy, you haven't said what you think," Jan remarked accusingly an hour later. "You haven't spoken ten words."

"What is there to say?"

His children gazed at him as though he were some hostile stranger against whom they had to unite in self-defense. "Now wait a minute, Dad!" Pete was on his feet. "If you're siding with those stupid cops——"

"You're name-calling, Pete. Let's be fair."

"Then you do side with them!" Jan's eyes widened with astonishment. "You think they had a right!"

"I think——"

Andrew looked at his wife and saw in her eyes a silent plea for him to desist. How well he knew that plea—the same here as it had been at home, with her mother in the room. He sighed. He had thought the death of her mother might make a difference, but he knew better now. The habit was too strong.

"I don't know what to think," he finished lamely. "All I know is that I'm ready for bed." Crossing the room, he touched his lips to his wife's cheek, noting with alarm how tired she looked. "Why don't you and Jan run along, Edna?" He was sleeping with Pete tonight; the hotel was short of rooms. "All this will be forgotten in the morning."

He desperately hoped it would be. If they kept at it, they would eventually back him into a corner and he would say what he thought. And then the children would go behind a wall of silence, hating him, and the fatigue in his wife's face would deepen and linger, reproaching him.

He lay in bed waiting for Pete to stop thumping around, and then there was a moment of soothing stillness, broken only by the soft clatter of a donkey's feet on the cobblestones outside. The room was dark.

"Dad?"

"Yes, Pete?"

"I'm sorry I gave you and Mother such a rough time. I'll make it up to you."

"Forget it," Andrew said wearily.

continued on page 70

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE PROMISE OF ANTIOXIDANTS

Experts agree that Americans could stay healthier and wealthier by wisely employing our antioxidant defenses against disease.

by Lester Packer, Ph.D. & Jerome L. Sullivan, M.D., Ph.D

Health Effects of Nutritional Antioxidants

Overwhelming evidence now indicates that antioxidants play a critical role in wellness, health maintenance, and the prevention of chronic and degenerative diseases. Antioxidants neutralize free radicals—highly reactive chemicals generated during normal metabolism and during exposure to environmental insult. Free radicals play a role in most major health problems of the industrialized world, including cardiovascular disease, cancer, and aging.

Recent evidence, both from the laboratory and from human population studies, makes it clear that:

1. Increasing levels of antioxidants in the diet lead to predictable, increasing levels of protection against such pathologies as cancer and heart disease.
2. There is only about one chance in ten that an American will consume the optimum combination and amount of antioxidants on any given day.
3. The most highly effective antioxidants are nontoxic, even in daily doses exceeding the RDA by dozens or even hundreds of times.

The evidence clearly points to several public policy recommendations:

1. The public must be educated about the benefits of a diet rich in antioxidant sources.
2. Individuals should supplement with a combination of antioxidants.
3. These supplements should be made available to those who cannot otherwise afford them, much in the same way that immunization is available.

Antioxidants are not a panacea, but they are a cost-effective method of preventing much of the suffering and expense caused by the premature onset of degenerative diseases.

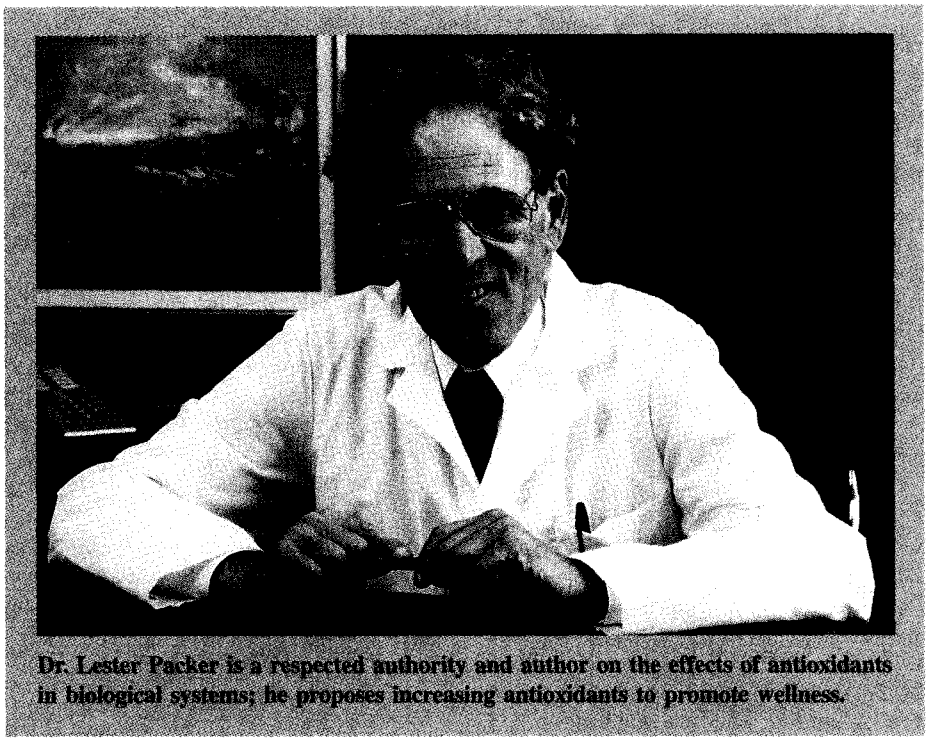
Free radicals constantly form in almost every cell of the body at an astonishing rate. Many aspects of the daily environment, from sunlight to smoking to smog, cause free radical formation. But free radicals also form during our normal metabolism of food. Free radicals react voraciously with almost anything in the cell and contribute to many types of pathology. For example, if their target is DNA, the likelihood of cancer increases. If the target is low-density lipoprotein (LDL) in the blood, the likelihood of atherosclerosis and its consequences (heart attack and stroke) increases.

Crystalline vitamin C can be used in the obsolete salt shaker. Nobel laureate Dr. Linus Pauling poured his in orange juice.

Our bodies have evolved various antioxidant defense mechanisms that combat the constant barrage of free radicals. Some antioxidants are quite familiar as vitamins or vitamin-forming compounds: vitamin E (discovered in the Life Sciences Building on the Berkeley campus in 1922), vitamin C, and the carotenoids, including beta carotene. These antioxidants must be constantly replenished through the diets. Others, such as glutathione, lipoic acid, and ubiquinols, are manufactured by the body, but their levels can be bolstered through dietary supplementation. Each of these antioxidants has a specific area in which it is most effective at neutralizing free radicals; vitamin E is in membranes and blood lipoproteins; vitamin C and thiol antioxidants like glutathione are in water-soluble compartments. Until recently, it was thought that each antioxidant played its role in isolation from the others. But work in our laboratory and others indicates that there is a dynamic interplay among the systems. For example, when vitamin E neutralizes a free radical in a membrane, it becomes itself a relatively harmless free radical, which decomposes. However, vitamin C can regenerate vitamin E from the vitamin E radical, in effect "recycling" vitamin E. Vitamin C becomes a radical in the process, but it, too, can be recycled by interacting with other antioxidant systems. We have shown that these interactions occur in the test tube, and nutritional supplementation studies support this idea for the whole organism. Thus, there is emerging a picture of a complex interplay among the defense systems, with the various antioxidants' cycles acting to prevent cell damage and disease. Our knowledge is far from complete, but these findings already have implications in terms of recommendations for supplementation.

If free radicals cause pathology, and antioxidants neutralize free radicals, then increasing levels of antioxidants should decrease pathology. Epidemiological (population) and laboratory studies almost unanimously confirm

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Dr. Lester Packer is a respected authority and author on the effects of antioxidants in biological systems; he proposes increasing antioxidants to promote wellness.

this conclusion. Epidemiological studies consistently show that people who consume high dietary levels of vitamin C, vitamin E, and beta carotene have lower risk of cancer and heart disease, and may even have a greater life expectancy, than those who consume low levels. These relationships hold even when other risk factors, such as smoking, blood pressure, and lifestyle, are taken into account. In our own laboratory, we study situations in which free radicals are generated at greatly elevated levels, including smoking, skin exposure to ultraviolet light, and ischemia-reperfusion (a model for heart attack and stroke). In every case, we detect free radical generation and damage, and have been able to prevent damage through bolstering antioxidant defenses. In addition, both in test tube biochemical studies and in these laboratory models, we have shown that combinations of antioxidants work better than separate antioxidants alone; epidemiological studies also support the idea that antioxidants are interlinked and interdependent.

So the evidence is quite strong for an oxidant-antioxidant balance in the body, which tips toward disease if oxidants predominate, but tips toward health if antioxidants predominate. Furthermore, with few exceptions, double-blind studies have revealed no side effects to long-term ingestion of high doses of the common fat- and water-soluble antioxidants. Some exceptions are vitamin C, which can cause diarrhea in large doses, and beta carotene, which can turn the skin orange. Both side effects are temporary results of massive supplementation and disappear on cessation of high levels of supplementation.

In view of the enormous cost to society of diseases that are related to free radicals, compared to the relatively modest expense of preventive education and supplementation, I make the following recommendations:

1. There must be an intensive campaign aimed at adults and children to educate the public about the role of antioxidants in proper nutrition. This should be similar to the program that was mounted to educate the public about the basic food groups. It truly is as simple as eating five servings of fruits and vegetables daily—but at present only 10 percent of the population takes even this simple step on a given day.

2. Because optimum intake levels are not known, and because good data indicate very low toxicity, antioxidant supplementation should also be recommended, especially for groups subject to high oxidant loads such as smokers. This is especially true for the fat-soluble antioxidants (vitamin E and carotenoids), because to obtain high levels exclusively through the diet would result in levels of fat intake that are in themselves unhealthful.

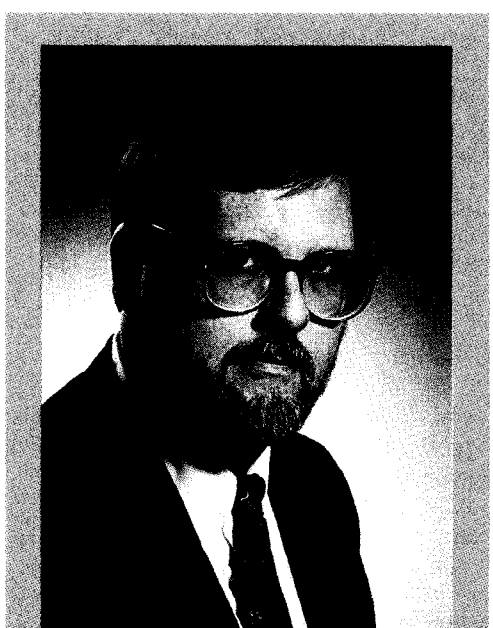
3. The groups in greatest need of increased levels of antioxidants are often those least able to afford them. Therefore, I further recommend that supplementation for low-income groups and ethnic groups outside the mainstream be subsidized, and that the bulk of education be focused on these groups. This is not simply an act of kindness; it makes bottom-line economic sense. Preserving wellness and preventing disease is far less costly than treating diseases once they have developed.

Lester Packer, Ph.D.
Dept. of Molecular and Cell Biology
University of California
Berkeley, California

Antioxidant Effects of Iron Depletion

There is a serious omission in Packer's otherwise excellent presentation on the health effects of free radicals. Protection against oxidant injury depends crucially on the balance between pro-oxidants and antioxidants. No proposal for preventive strategies against free radicals is complete without mention of the antioxidant effects of iron depletion. Packer's argument for wider use of nutritional antioxidants is based on the favorable risk-benefit ratio. The recommended antioxidants have very low toxicity

continued on page 87



Dr. Jerome L. Sullivan of Charleston, South Carolina, suggests the powerful antioxidant capabilities of iron depletion.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

COUNTRY LIVING—AS IT'S CALLED

Have you ever stood at your $758 picture window and witnessed ten-foot pipes being driven into the firma to the drilling machine's rhythmic dirge, "nine dollars a foot . . . nine dollars a foot . . . nine dollars a foot?"

by Maynard Good Stoddard

Illustrated by Don Trawin

I'm afraid my dear wife has been spending too much time under the hair dryer. The result has been her half-baked idea of moving from our snug apartment in Indianapolis to this . . . this *house*, for want of a better word (the word "hovel" now comes to mind), on a windswept hill in Sweet Owen County. Where once the only demand upon my physical output was painting the patio birdbath once a year, I now am trying to avoid a second hernia.

Our move occurred, appropriately, on April Fools' Day. The coincidence first came to light after I had hauled the last of our worldly possessions out of the U-Haul and asked for a drink. Water would do.

"Oh, did you forget?" trilled my rustic wife, who much prefers moving to dusting. "Our drinking water comes from a flowing well only half a mile down old Route 67. Fresh, pure water right out of the ground. No more of that treated city stuff for us. Won't that be great!"

No doubt about it. If slaloming down a potholed road and filling gallon milk jugs with this pastoral Perrier can be called great, we'd be having a ball.

Thankfully, I wasn't required to haul water for the "shower," a spigoted oil drum that the clever former owner had mounted on a two-by-four tripod and hidden behind the root cellar entrance. Water for this Taj Mahal luxury I could haul up from the cistern just off the back porch.

This stuff collected from drainage off the roof fell somewhat short of the fresh, pure water right out of the ground. About the only thing going for it was that it was wet. Unless you could count a belly-up spider or two in each bucket, sometimes a fatally exhausted garter snake, and on one occasion a clumsy chipmunk. After straining, the remaining residue would be dumped into the oil drum to be warmed by the sun, a duty the sun often shirked. Gail Abrell, our neighbor in the valley, once confided that his family could tell whenever I showered on cloudy days because they could hear me scream.

Now I'll be the first—make that the second—to point out that when it comes to shortcomings in the manual arts, I come up among the shortest. If I can get the "+" and "-" ends of batteries installed in a flashlight in their correct order, that's about it. I long ago gave up trying to install a roll of toilet paper on the holder so it wouldn't go rolling across the floor for the next customer.

However, while putting up the hammock—my No. 1 priority on this particular day—my dear wife happened to overhear me yelling, "The human system was not geared to jump directly from painting a birdbath to overhauling a five-room landfill. The stress could easily bring on a case of shingles, if not the whole roof."

"The rooms need more light," she said, deeply concerned.

"No problem," I told her. "When I get out of the hammock, I'll upgrade the light bulbs."

"What I had in mind," she said with a patronizing smile, having misinterpreted my reply as a weak joke, "was replacing those narrow windows and doors with picture windows and patio doors."

"Me?"

"You," she said, folding up the hammock.

"And how does the title of Widow Stoddard sound to you?" I whined.

Actually, thanks to earlier efforts by the termites, I could have removed the first window casing with nothing more than a fingernail file. The hitch was, *my* efforts happened to coincide with the annual convention of the Federated Hornets of Sweet Owen County, and I had just removed the entrance to their meeting place.

Our ad in the Spencer *Evening World* read: "Old doors and windows to be replaced. Man having

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

good rapport with hornets preferred."

My next exercise in shortcomings involved what is known in the trade as "dropping the ceiling." To save heat, my dear wife explained.

What she failed to explain was how people in the trade manage to keep the confounded ceiling tile from dropping to the floor from the metal rails that took me three days to suspend from the one-by-twos that required another three days to nail to the old ceiling.

On day eight (I don't labor on Sundays), dear wife stuck her head in from the safety of the doorway and suggested I leave the ceiling dropping to the door and window person and take up some other improvement. Like digging a hole beneath the living room to accommodate a floor furnace. Which would not have been among my top ten choices.

Not when the—what the heck, let's call it a house—rests not upon a foundation but flat out on the ground. Especially not when the terra firma has the ideal firma required for the manufacture of bowling balls. And definitely not when the bowling ball clay gives way to limestone only three feet below the surface.

Arriving finally at this strata, this allowed me three feet of space to swing the pickax from a kneeling position and bury the top pick in the timber supporting the living room. Working it loose and bringing the bottom pick down on the limestone would knock out a flake—oh, sometimes as large as a quarter. How the two gentlemen from Sears managed to conceal their admiration for my five weeks of effort can probably be traced to jealousy. But not once during the four days they laid on their respective backs installing the furnace did they mention it.

Nothing left for me now but to locate the hammock and let my spinal column work its way back to perpendicular. Right?

Not in Sweet Owen County, buddy. According to the building code, an oil furnace without an outside chimney constitutes a no-no. You either put up a chimney or you call Sears and ask the two gentlemen to come back and wrestle their furnace out of the hole. I decided to go the chimney route.

Two long weeks and two days later, the first chimney blocks rose above the eaves, and I said to myself, "If the fumes come this far, surely they'll know the direction from here on." I brought out my dear wife to extend the credit where credit certainly was overdue.

After surveying in silence this masterpiece of masonry for some time (too awed to speak, I assumed), she finally managed to comment, "Makes the Leaning Tower of Pisa look kinda sick, doesn't it?"

"If you'll recall," I haughtily reminded her, "the wind has been blowing pretty hard most of the time I've been masoning." She had no reply.

Now, just for fun, how long would you say an apartment-pampered woman will wait before beginning her campaign for running water (over and above that from the kitchen ceiling during a rainstorm, that is)? If your answer is two months, you're in the ballpark. My argument that we clean the cistern and fill it with water delivered from Spencer didn't hold water, you might say. (I wouldn't say it, but you might.)

The local well driller agreed to drill a well at nine dollars a foot. Checking with Gail Abrell, our neighbor down the hill, and learning that their well was down only 26 feet, I told the driller to come on up.

Have you ever stood at your new $758 picture window in the living room and witnessed ten-foot pipes being driven into the firma, one after the other, to the drilling machine's rhythmic dirge, "nine dollars a foot . . . nine dollars a foot . . . nine dollars a foot?" It's not a pretty picture, definitely not a soothing sound.

On day four, the head driller came to the window joyfully waving three fingers. Taking this to mean they had drilled 300 feet of pipe into the ground, I began looking for a convenient place to pass out. Then I heard him shout that they had struck a vein producing three gallons of water a minute—"at only 248 feet!" A neat savings of 52 feet. What a relief!

Of course, there was still the numb-

continued on page 86

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

CLEANING UP INDOOR ALLERGENS

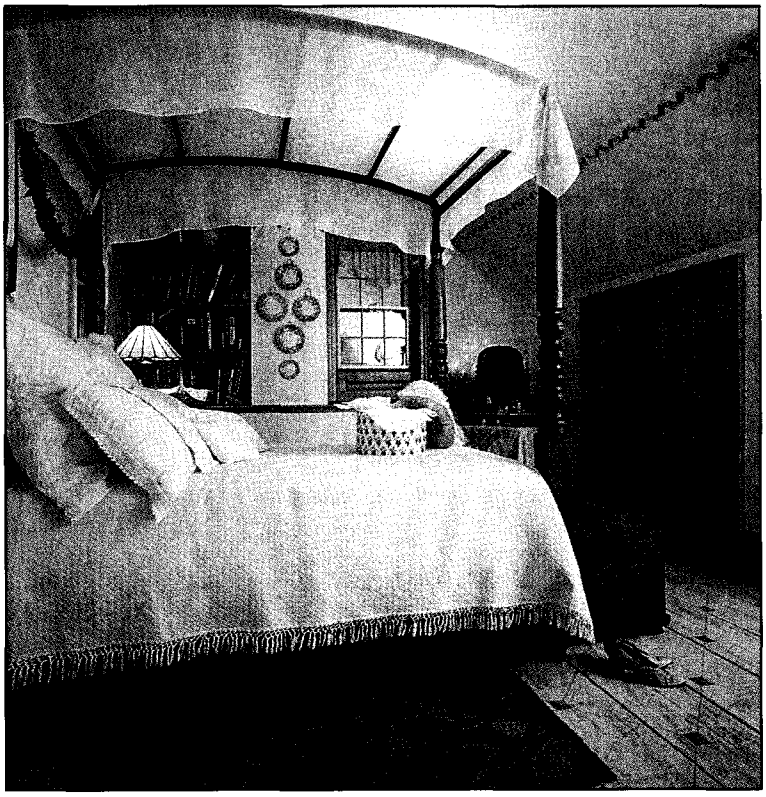
Indoor allergies are caused by everything from dust mites to dogs and cats and may be a major factor in asthma.

by Ted Kreiter

Do you sneeze a lot, have a constant runny nose, sinus troubles, or suffer from itchy, flaky skin? If so, you may be nursing an allergy, possibly to something right in your own home.

Outside allergens such as ragweed pollen or grass may take their toll in sneezing and watery eyes at certain times of the year, but indoor allergens cause symptoms and allergy-related diseases—including rhinitis, sinusitis, asthma and allergic dermatitis—the year around.

About one in five Americans will suffer from an allergy-related illness sometime in his or her life. Although allergists can now identify many of the allergen sources, the problem of disease related to allergy is increasing. In the last ten years, for example, the asthma mortality rate has climbed by one third.



Hard woods are one of the best defenses against dust mites, which cannot live for long or in large numbers on hard, wipeable surfaces.

One reason for this increase may be that our comfortable homes invite allergen infestation. Humidifiers, steam vacuuming, wall-to-wall carpeting, and super insulation have helped transform the home place into the ideal place for allergens to live and multiply.

Bugs in the Rug

The most troublesome household allergen is the dust mite. This Lilliputian member of the spider family (subclass Acari, species *D. pteronyssinus*), too small to be seen except under a microscope, is actually harmless to humans, unless one happens to be allergic—and then watch out! Dust mites are to blame for a variety of allergy problems, but their main contribution to human suffering is asthma.

"Actually, it's the dust mites' excrement that people are sensitive to," says Dr. Kenneth Newman, director of the University of Cincinnati Asthma Center.

Many experts consider dust mites to be the single most important allergen associated with asthma, a disease that causes some 4,000 deaths a year in the United States. Some 60 to 70 percent of American asthmatics are believed to have the dust mite allergy; in the United Kingdom, approximately 80 percent of asthmatic children are sensitive to the dust mite.

Dust mites are true homebodies. They thrive in humid environments. Mites are especially prevalent in the Gulf States and Pacific Northwest, and are less likely to be found in dry or mountainous regions because they die when humidity drops below 35 percent. Because their food source includes shed human skin cells, dust mites accumulate rapidly in bedding, but also thrive in carpets, furniture, draperies, and stuffed toys.

Scientists have known about dust mites since 1964, when a Dutch researcher linked them directly to asthma. Since then, the mites have been a main focus of eradication, especially in severe asthma cases.

Two micrograms of mite allergen per gram of dust is considered a risk factor for asthma in susceptible individuals. Ten micrograms per gram of dust can trigger acute asthma. To reduce dust mite populations, allergists focus on the bedroom, recommending allergenic covers on all bedding, including mattresses and box springs. Bedding and curtains should be washed weekly in water hotter than 120° F. Carpeting should be removed. If this isn't possible, vacuums with special dust mite filters or a water trap system are available. Tannic acid sprays such as Allersearch™ can neutralize dust mite allergens, making them nonallergenic, and acaricide (mite-killing) shampoos such as Acarosan® or Capture® can be effective. Special filters may be fitted on the furnace to help remove allergens from the circulating air. Dust covers for registers are also a barrier for dust mites.

Mysterious Molds

Molds may be the second most important household allergens next to dust mites, but they pose a greater

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

problem for allergists.

"There are 100,000 types of molds," says Dr. Newman, "and I'm not sure we're smart enough to figure out which one is causing the biggest problem."

Recently, allergists discovered a new group of fungal allergens, called basidiospores, that come from a class of fungi that includes mushrooms and puffballs. The spores have been implicated as a cause of asthma. Although first thought to be prevalent only in humid areas such as New Orleans, scientists have now found them in significant concentrations as far north as Minnesota. Mold spores are in the air all year round.

"When you leave bread out and find mold on it, those are just molds that happened to be floating around in the air and landed there," says Dr. David Kahn, assistant professor of internal medicine at the University of Texas Southwestern Medical Center, Dallas. "It's appropriate to evaluate your home to find out what kinds of molds are growing in there." Indoors, molds thrive in basements and bathrooms. Frequent scrubbing with agents that are toxic to molds (such as bleach) is the best way to keep mold allergens at bay. Anything that stops or kills mildew, such as Tilex and X-14®, will work. Some molds, however, may be growing in out-of-the-way places.

"Many homes have carpets laid on a concrete slab," says Dr. Kahn. "That's just terrible because of the humidity that builds up, harboring tons of mold growth."

Dogs and Cats

Some 28 percent of U.S. homes have an indoor pet. Cats, dogs, hamsters, mice—all can release proteins that may lead to allergic reactions. The simple solution, if someone in your family is sensitive, is to give the pet away or at least keep it outside.

"A lot of people say, 'I'd rather die than get rid of my cat,' " says Dr. Newman. He notes that there are other ways of treating the problem. One is to use a tannic acid spray that tends to decrease the amount of allergy particles. Another method, he says ("which the cats really love"), is to wash the cat every week. This may sound rather adventurous, but Dr. Newman allows, "The cats sort of get used to it after a few washings."

A weekly bath for pets can significantly decrease exposure to cat and dog allergens.

Recommendations

1 When you clean, move all furniture to the center of the room so you can reach the corners and, with a damp cloth, wipe moldings, light fixtures, shelves, and door and window tops.

2 The bedroom, in particular, where people spend at least one-third or more of each 24 hours, should be kept scrupulously clean with frequent washing of floors, walls, ceilings, and bedsprings. If the sufferer is a child, send him out to play before throwing open the window and sending the dust you raise on its merry way.

3 Encase pillows, mattresses, and box springs (which don't need washing) in zippered vinyl covers that are machine washable in hot water.

4 Install room air filters, which can circulate and clean up to 300 cubic feet of air per minute and effectively remove airborne dust particles. Inexpensive tabletop models generally prove ineffective.

5 Clean wood or linoleum floors daily with a specially treated dust cloth and mop cover.

6 Spray an allergy-control solution on carpets and upholstered furniture to deactivate the allergy-causing excreta produced by dust mites, changing it to a form that no longer causes allergy.

7 Use a disposable 3M Dust Mask for preventing the inhalation of these dust particles while removing them from the home.

8 Cover hot-air vents with filters, or close the vents and heat with electric radiators.

9 Try leaving an electric blanket turned on high during the day to dry the humidity and kill the dust mites in the mattress.

10 With a humidity gauge, monitor your home environment for the low humidity necessary to inhibit dust-mite growth.

11 Use window shades and venetian blinds in place of heavy curtains. If curtains are used, launder them frequently.

12 Use plain wood or leather instead of upholstered furniture.

13 Wash blankets in hot water every two weeks. Avoid blankets made of wool or down.

14 Don't use dusters, mops, or brooms—these utensils merely rearrange the dust. And conventional air bag-equipped vacuum cleaners work against you. They vent dust out the exhaust hatch and into the air again, and their storage bags provide a breeding ground for additional allergen growth.

DAVID SCHARF

This dust mite is enlarged about 200 times. Too small to be seen by the naked eye, it lives on shed human skin scales. Its excreted waste particles cause allergic reactions in some people.

For More Information

If you suspect you have an allergy to something in your home, visit an allergist or the nearest asthma clinic. Skin or blood tests may be able to pinpoint a specific cause.

To test for dust-mite levels, ALK Laboratories of Milford, Connecticut (1-800-325-7354), offers a mite-sampling kit with a specially designed dust-collection device that attaches to your vacuum cleaner. The sample is returned by mail for analysis for major mite and cat allergens. The analysis identifies specific mite species, information that may be helpful in treating the allergy problem.

Information about the Rainbow Cleaning System that traps dust in water can be obtained at Rexair, Inc., 3221 W. Big Beaver, Troy, MI 48084. (1-800-995-1529)

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The American Illustrators Hall of Fame

IN CELEBRATION OF CHERUBS

For 36 years, J.C. Leyendecker's celestial beings delighted Saturday Evening Post *readers.*

by Steven C. Pettinga

Why a cover illustrator would choose a cherub to symbolize the new year comes easily to mind. Other than a "winged celestial being" and "one of the second order of angels," the dictionary also defines "cherub" as a "beautiful or innocent person, especially a child."

Thus the rosy outlook for the new year, as yet devoid of violence and untouched by mankind's heedless hand.

You may be surprised to learn that the use of cherubs and the young child to typify arrival of the new year gained national attention from a series of *Post* covers conceived by Joseph Christian Leyendecker, one of America's most talented illustrators.

Why we celebrate the new year can be traced to Mesopotamia around 2000 B.C., when a new year began with the rising of the new moon closest to the vernal equinox (about March 21). In 1592, thanks to Pope Gregory XIII sponsoring the Gregorian calendar, the date was changed to January 1. (Otherwise, we'd have three more months to continue doing what we feel we shouldn't be doing.)

Leyendecker's cherub first graced a *Post* cover in 1906. The public's enthusiastic affection for the little celestial being secured its place on *Post* covers for the next 36 years. During that time, the cherubs came to reflect what was foremost on the American mind. Be it war or peace, prosperity or depression, they served as a chronicle of history, as well as a beacon of hope during hard times.

The beloved illustrator's last cherub appeared in 1943; it also was his final *Post* assignment. New editor Ben Hibbs began his tenure by drastically overhauling the magazine's look and style. Many of the *Post*'s longtime artistic and literary ties were severed, Leyendecker among them.

Leyendecker, however, continued painting his cherubs for *The American Magazine* until 1951. Ironically, he died on his patio July 25, 1951, while painting a cherub for the next new year.

Though space considerations must limit these reproductions, we have chosen the representations we believe best express this enduring cover artist's genius.

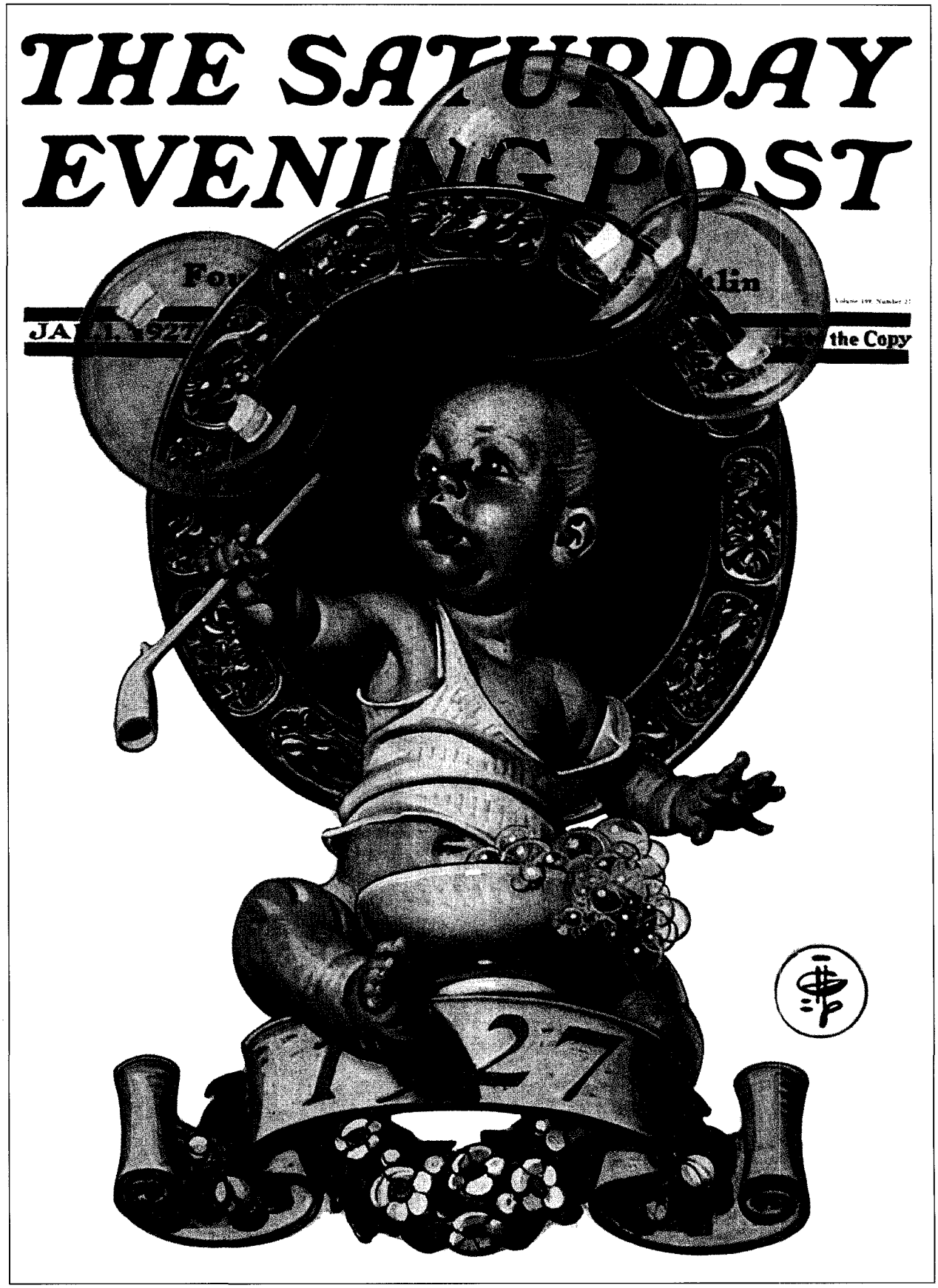
A tradition was born in 1906 with Leyendecker's first cherub. She has evidently written down all our resolutions, but is leaving blank pages to record how long they are kept.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE SATURDAY EVENING POST
An Illustrated Weekly Magazine
Founded 1728 by Benj. Franklin
DEC. 31, '10
5cts. THE COPY
SATURDAY EVENING POST
1 9 1 1
MORE THAN A MILLION AND A HALF CIRCULATION WEEKLY

The cycle of life once again is complete. Father Time welcomes the innocent infant, expressing the hope that he is turning over to the little fellow a better world than the one he inherited when taking over the eternal task of time.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

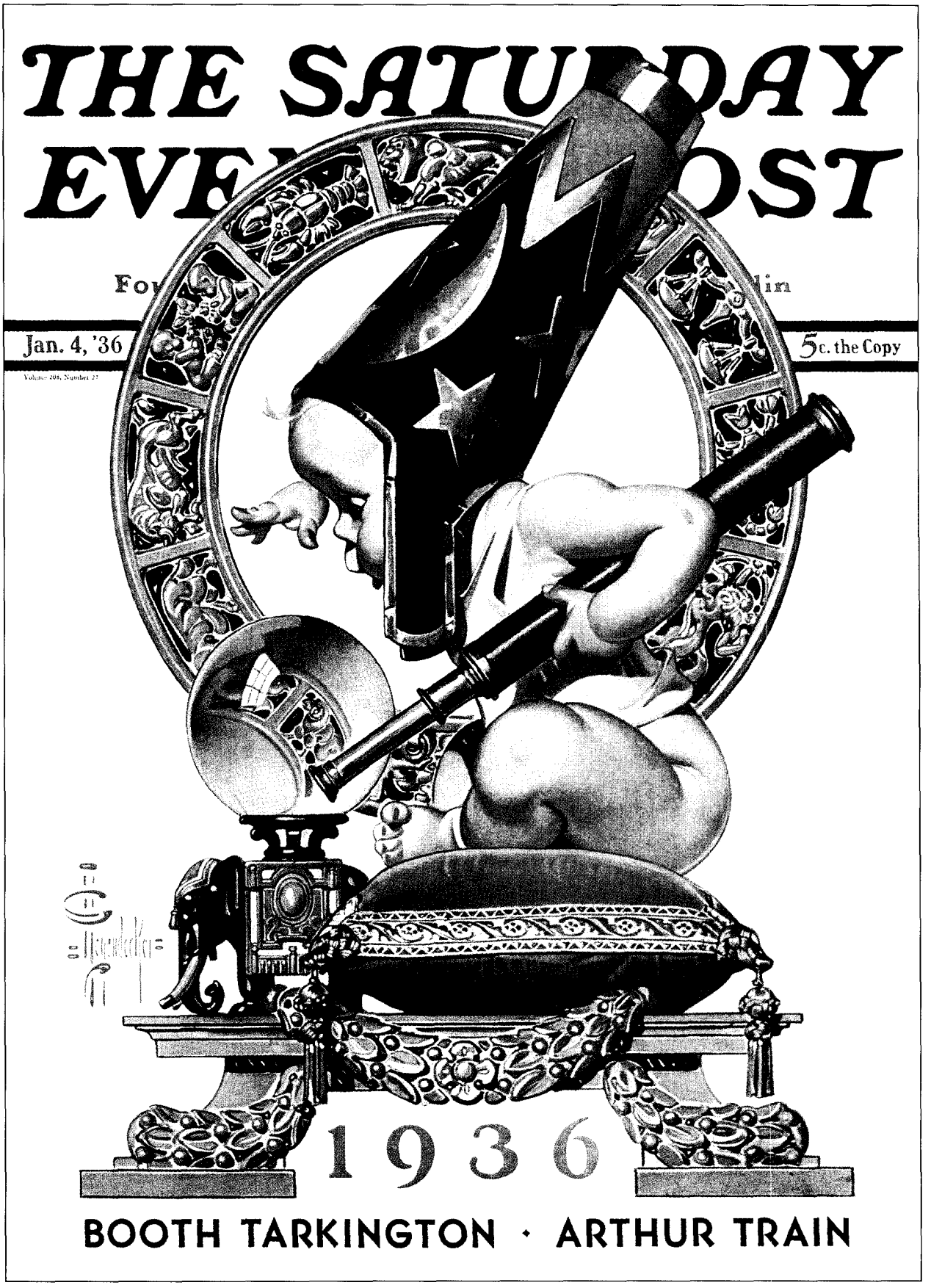


Beautiful as pipe dreams may be, they are also fragile and fleeting. Although this year found things rosy at home, the rise of Communism and the collapse of the German economy brought clouds of apprehension.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

It's no wonder he's having trouble keeping his balance. The second phase of Roosevelt's New Deal brought Social Security, the housing department, farm assistance, and (of course) higher taxes.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Always the optimist, our little soothsayer looks for bright spots in the year ahead. Although there is hope that the Great Depression has run its course, thunderheads of strife are gathering around the globe.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Total defeat of Nazi aggression became the primary goal of Allied troops, with our fearless cherub leading the attack. The commitment of additional American troops and $100 billion towards the war effort would help secure victory.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

STRENGTH WORKOUTS

Strength workouts, the training trend of the '90s, can help slow the ticking of the biological clock.

by Jane E. Brody

Illustrated by Don Trawin

On just ten weeks of a strength-training program, 50 frail men and women in their 80s and 90s were able to increase their weightlifting ability by 118 percent, their walking speed by 12 percent, and their stairclimbing ability by 28 percent, according to a recent study published in *The New England Journal of Medicine.* This study and previous work by the same researchers at Tufts University show that strength training can help the elderly be more active and remain more independent.

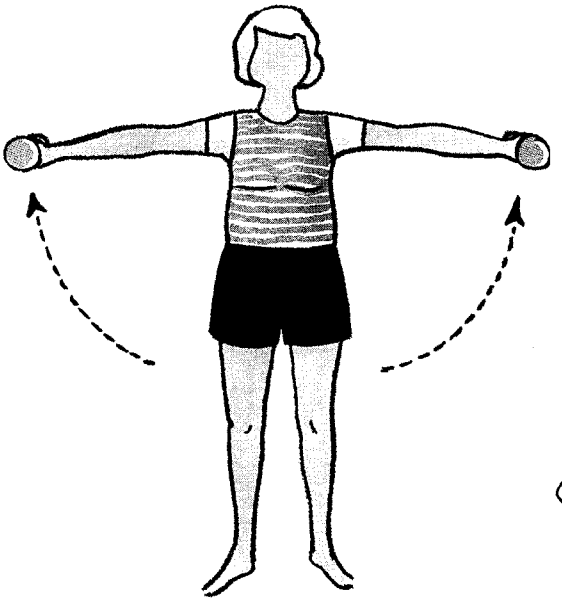
Impressive though these accomplishments are in stemming some of the costly and debilitating incapacities of old age, they pale in comparison with what strength training can do for younger people who want to maintain or improve physical prowess, even as their biological clocks keep ticking toward decline.

Strength training is a fancy way of describing the process of building muscle power by lifting free weights, or working out against resistance, by using equipment like Nautilus or Universal machines or by working against large elastic bands. While "aerobics" was the exercise catchword of the 1970s and '80s, strength training is the trend of the 1990s, hailed as a critically important complement to aerobics in a total fitness program. In 1990, the American College of Sports Medicine revised its exercise guidelines to recommend a more balanced fitness program that includes both aerobic workouts and strength training.

Variety of Benefits

Before you start thinking "enough already—I have no time for any more activities," consider these established benefits of strength training: improved performance in other sports, like tennis, golf, basketball, and even swimming; greater endurance and stamina in both recreational activities and the chores of daily life, like carrying groceries, children, or a suitcase; loss of body fat and gain of lean muscle tissue, resulting in a dramatic

MUSCLE BY MUSCLE: A Complete Strength-Training Workout

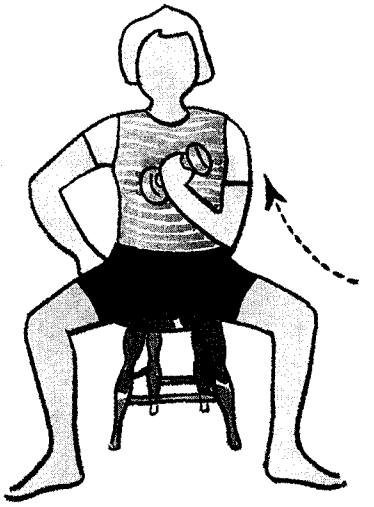


SHOULDERS
Lateral raises

Stand with your feet shoulder-width apart, knees slightly bent. Holding weights at your sides, slowly lift them outward from thigh level to shoulder level, keeping elbows slightly bent. Slowly lower weights and repeat.

TRICEPS
Extensions

With one knee and hand on a chair, hold a weight beside your chest, bending your arm at the elbow. Straighten your arm behind you; return to starting position. Switch arms and repeat.



BICEPS
Curls

Sit with your legs apart and one hand on your thigh. With a weight in the other hand, forearm horizontal and elbow on thigh, curl the weight up toward your chest. Lower and repeat. Switch arms.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

improvement in body composition; more energy and self-confidence; a greater sense of power, both physical and emotional, and well-being; and a reduced risk of heart disease, diabetes, osteoporosis, back problems, and joint injuries. Strength training can help reduce total cholesterol levels and raise the level of the desirable HDL cholesterol, keep blood sugar in balance, and build bone strength better, it is thought, than weight-bearing exercises like walking.

Probably most enticing of all, strength training can make it easier to shed unwanted pounds and lose the inches you need to slip into those slender jeans. By helping you build muscle tissue and lose body fat, strength training revs up your metabolic rate so you burn more calories whatever you are doing, even when sitting and sleeping. More muscle and less fat also mean fewer inches and smaller sizes, because fat takes up more room than the same weight of muscle tissue. After age 45 or so, sedentary people—and even many who do aerobic exercise—rapidly lose muscle mass and, consequently, strength. For every pound of muscle lost, the resting metabolic rate drops by nearly 50 calories a day. The lost strength largely accounts for the difficulty many elderly people have in rising from chairs, climbing stairs, and carrying groceries.

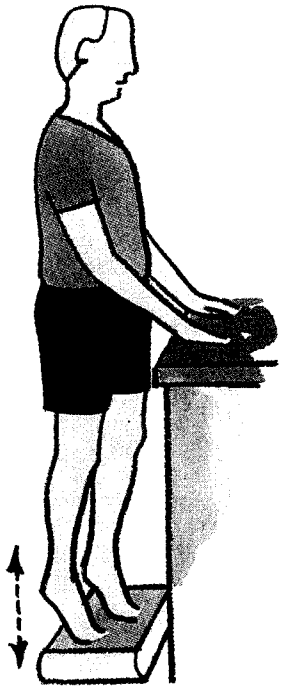
You may not have to add any minutes to your current exercise schedule to make room for strength training. The current recommendation to achieve balanced fitness calls for aerobic workouts four times a week with strength training on the remaining three days.

The beauty of strength training is that it can be done by almost anyone, no matter how old or feeble, in a wide variety of circumstances and at little or no added expense. To do most of the recommended exercises, you need nothing fancier than a few full cans from the supermarket or plastic bottles filled with water or sand. And while women who work out with weights or against resistance can gain strength and muscle tone at the same rate as men, they need not worry about developing bulging muscles unless they also dose themselves with an extra shot of testosterone.

A Balanced Workout

The goal is to work different muscle groups to achieve overall fitness and balanced muscular strength. Muscular imbalance increases the risk of injury. For example, cycling builds the quadriceps at the expense of the hamstrings; running strengthens the hamstrings at the expense of the quads, and neither does anything for the upper body. To correct imbalances with strength training, you should work on the muscle groups that are otherwise neglected.

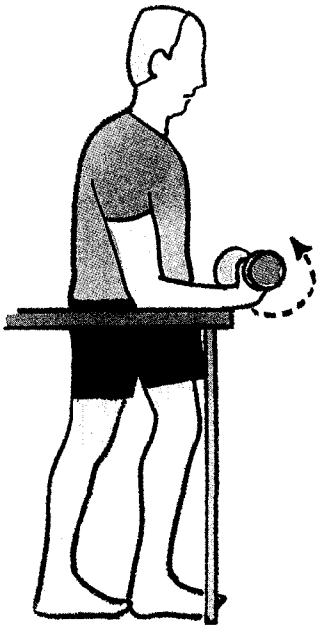
You can use a set of free weights, like barbells, dumbbells, or add-on ankle and wrist weights; cans of different weights; elasticized exercise bands, which come in different resistances; a home gym, or the calibrated resistance machines found in commercial gyms. Experts say you can get a full workout in just 30 minutes. The basic rule is to start light and gradually



CALVES

Heel raises and dips

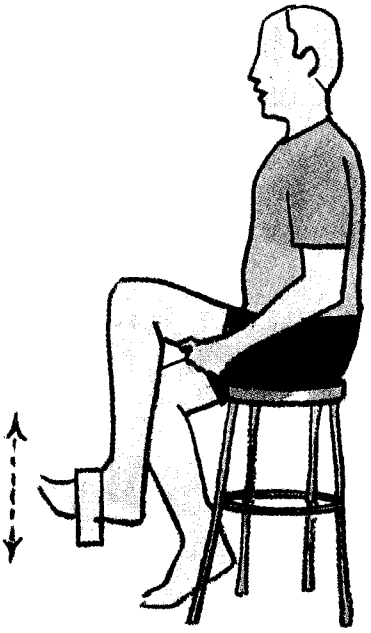
Stand with the balls of your feet on a thick book or step. Slowly rise on your toes; then lower your heels as far as you can. Repeat.



FOREARMS

Wrist curls

Holding a weight, rest your forearm on a table. With your hand over the edge, curl the weight up; then lower it as far as possible. Repeat.



SHINS

Toe raises

Sit up straight on a stool and hold underneath thigh. With a light weight on your foot, slowly raise and lower the ball of the foot. Switch legs and repeat.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

increase the stress on your muscles so they will grow stronger.

Through trial and error, pick a weight that you can lift 10 to 15 times, but no more. Or (for those highly conditioned) pick the heaviest weight you can lift once and then drop back to one that is 60 to 80 percent of that maximum weight. In each workout, begin with the large muscle groups of the legs, chest, back, and shoulders, then move to the smaller ones of the arms and abdominals. Figure on doing at least eight to ten different exercises each session.

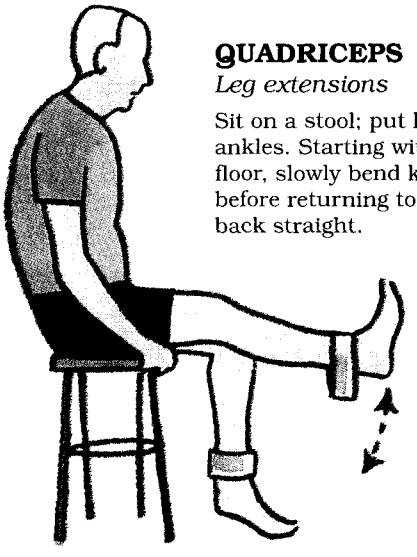
Start each session with a five- or ten-minute warmup (perhaps jogging in place) and gentle stretching; then do two or three sets, each with 10 to 15 repetitions, for each type of exercise, resting a bit between sets of the same exercise. After a few weeks, increase the weights you are working with by 10 to 25 percent. You may have to drop down to 8 to 12 repetitions, which is fine. As your strength increases, continue to add more weight.

People with high blood pressure or heart disease should avoid isometric or "held" contractions, and anyone with a chronic illness—arthritis, diabetes, heart disease, etc.—should consult a physician before starting a strength-training program.

Be sure to breathe evenly throughout the exercises, exhaling as you lift the weight. Holding your breath can cause a dramatic rise in blood pressure. Lift the weight smoothly and release it gradually so your muscles, not the weight itself, do the work. If anything causes pain, stop doing it right away, but muscle soreness the day after a workout is to be expected, especially if you are a beginner or have just increased the weights you are using.

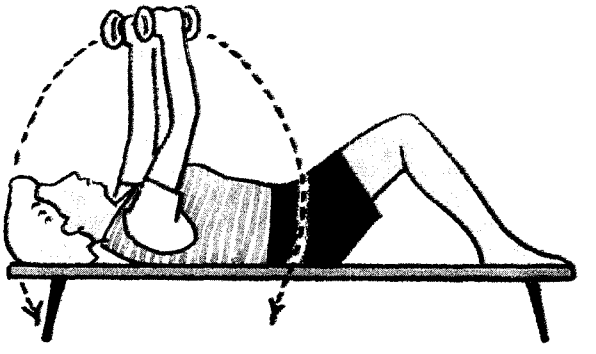
Muscles grow by being torn—microscopically—and rebuilt, so they need a day between strength-training workouts to recover. It is best to space out your workouts, interspersing them with aerobic activities. ▲

Copyright ©1994 by The New York Times Company. Reprinted by permission.



QUADRICEPS
Leg extensions

Sit on a stool; put light weights on ankles. Starting with leg horizontal to floor, slowly bend knee to 30° angle before returning to horizontal. Keep back straight.

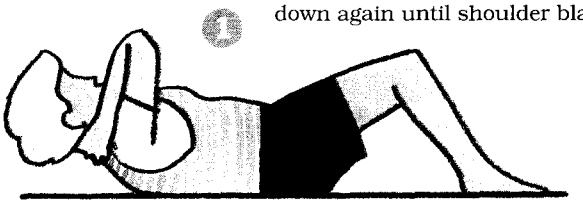


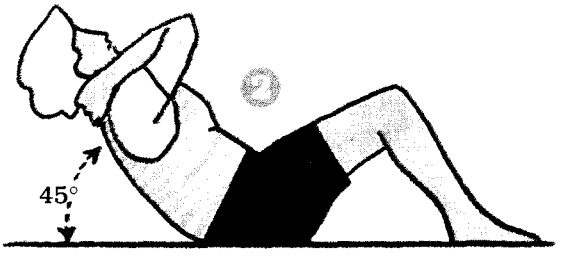
CHEST
Bench fly

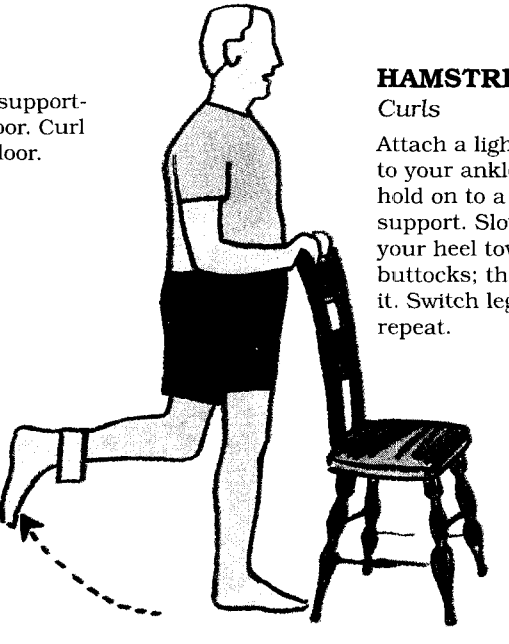
Lie on a bench; hold weights up over your chest. Slowly lower your arms in an outward arc until weights are at chest level. Reverse the movement, bringing weights back up. Repeat.

UPPER ABDOMINALS
Curl Ups

Lie with your knees bent, feet flat, and arms supporting head. Slowly lift yourself 30-45° off the floor. Curl down again until shoulder blades touch the floor.







HAMSTRINGS
Curls

Attach a light weight to your ankle and hold on to a chair for support. Slowly lift your heel toward your buttocks; then lower it. Switch legs and repeat.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Vinegar . . . A Teaspoon A Day Helps Keep The Doctor Away

CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show it's a natural storehouse of vitamins and minerals -- over 93 different components -- to fight what ails you.

Imagine! Just one spoonful of organic apple cider vinegar is endowed with vitamins, minerals, enzymes, amino acids, nutrients and important pectin and beta carotene.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of $12.95 plus $2 shipping and handling simply do this:

Write "Vinegar Preview" on a piece of paper and mail it along with your check or money order payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F5330, Canton, Ohio 44703.

You can charge to your VISA/MasterCard by mail. Be sure to include your card number and its expiration date. And for even faster service -- credit card orders only -- phone Toll Free 1-800-772-7285, Ext. F5330.

Want to save even more? Do a favor for a relative or friend and order 2 books for only $20 postpaid. It's such a thoughtful gift.

Remember: It's not available in book stores at this time. And you're protected by the publisher's 90-Day Money Back Guarantee.

SPECIAL BONUS - Act promptly and you'll also receive Brain & Health Power Foods booklet absolutely FREE. It's yours to keep just for previewing *"The Vinegar Book."* Supplies are limited. Order today.

©1994 TRESCO TF374-2

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LYRIC CHOIR GOWNS

"Professionally tailored gowns of lasting beauty."

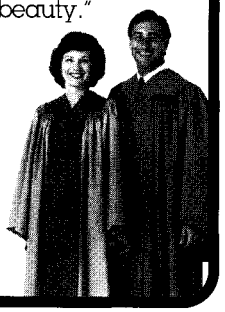
FREE catalog and fabric samples.

Since 1955...

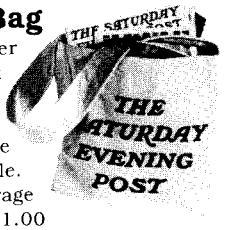
LYRIC CHOIR GOWN CO.

P.O. Box 16954-PA-2
Jacksonville, FL 32245

CALL TOLL FREE
1-800-847-7977



The Post Bag



Over-the-shoulder tote bag that leaves your hands free. This canvas bag is washable and indestructible. 21" x 14" x 5" storage area. $7.95 + $1.00 p&h. To order by phone: 800-558-2376.

Armchair Shopper, P.O. Box 130, Dept. 195, Indianapolis, IN 46206-0130

Card #_____ Exp.____

Signature_____

Name_____

Address_____

City_____ State____ Zip_____

IN residents 5% tax. Allow 4 weeks delivery.

Tickle Your Funny Bone

Everyone loves a good laugh, and this collection of cartoons contains over 450 classics from your favorite *Saturday Evening Post* cartoonists. It makes a perfect gift for readers of all ages, but be sure to get one for yourself, too!

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206-0130

Please send ___ ***Best Cartoons from the SatEvePost*** book(s) @ $9.00 each.

❑ Payment enclosed ❑ VISA ❑ MasterCard

Card#_____ Exp.____

Signature_____

Name_____

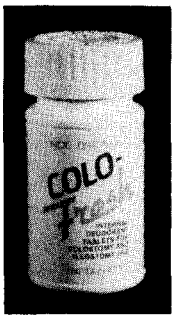
Address_____

City_____ State____ Zip_____

Allow 4 wks. for delivery. IN. res. add 5% sales tax. **195**

Colo-Fresh an Internal Deodorant

ideal for people with colostomies and ileostomies



Colo-Fresh (*Bismuth Subgallate*) is designed as a deodorant for internal use and taken orally in a tablet. Don't let embarrassing fecal odor occur.

100 TABLETS MORE THAN A MONTH'S SUPPLY FOR $11.99

Call 1-800-558-2376 to order by phone or mail payment **(include $2.00 s&h)** to: The American Foundation for Preventive Medicine, P.O. Box 1144, Dept. 195, Indianapolis, IN 46206-1144.

❑ Payment enclosed ❑ VISA ❑ MasterCard

Card #_____ Exp. _____

Signature_____

Name_____

Address_____

City_____ State____ Zip_____

Allow 4 weeks delivery. Indiana residents add 5% sales tax.

Send product number from label to receive a 15% discount on each repeat order. **195**

Norman Rockwell Reproductions

A Hopeless Case

The Toy Maker

The Shoemaker

Lighthouse Keeper's Daughter

Doctor and Doll

Golden Days

Breaking Home Ties

Piano Tuner

Choose one or more of these Norman Rockwell **antique color** prints. 11" x 14" prints ready to frame. $3.25 + 75¢ p&h, or get all four for the discounted price of $14.00 (p&h included).

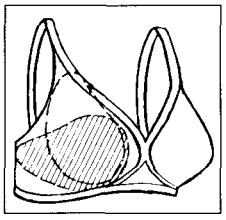
Choose one or more of these Norman Rockwell classics on **authentic artist canvas**. 11" x 14" ready to frame. $6.45 + 75¢ p&h. All four for the discounted price of $25.00 (p&h included).

Send check or money order with name and address, or have your VISA or MasterCard ready and call 1-800-558-2376.

Armchair Shopper • P.O. Box 130, Dept. 195 • Indianapolis, IN 46206-0130

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

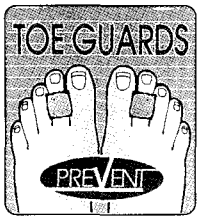
Post Sampler



Bosom Buddy
Women who wear the Bosom Buddy external breast form enjoy cool comfort at a modest cost. An alternative to silicone prostheses. No need for special bra . . . all fabric and weight adjustable. Free brochure. Prompt, confidential service. B & B Company, Dept. SE09, P.O. Box 5731, Boise, ID 83705.

The Lawrenceville Stories

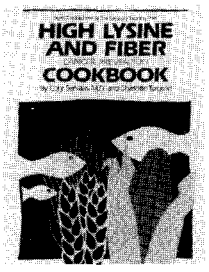
Based on Owen Johnson's award-winning *Saturday Evening Post* series. A turn-of-the-century look into the famed Lawrenceville Prep School where we follow the antic exploits of William "Hickey" Hicks and his fellow students. Quality programming at its best! Complete miniseries on two cassettes, $69.95. Call toll-free: 800-843-3620, VISA or MasterCard accepted.



Stay on Your Toes!
Toe pain rubbing you the wrong way? Toe Guards keep your toes comfortably separated. Developed to relieve special diabetic toe problems. Works great for corns, too. Machine washable. Set of 6 for $5.95 + $1.00 s&h. VISA or MasterCard orders call 1-800-558-2376. American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144.

Wondercart

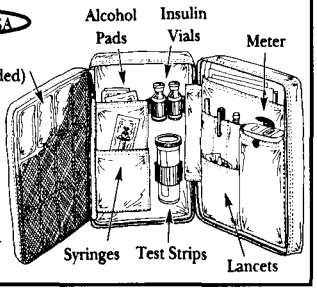
Portable shopping cart. Lightweight, 2½ lbs. Converts effortlessly to a 12"x6½"x26" shopping bag with wheels. Velcro closure. Woodbase and steel stand. Nylon canvas with water-resistant PVC backing. Black or red. $32.99 or 2/ $59.95 + $5.95 shpg. per cart. LIFEEZ, P.O. Box 427, Northbrook, IL 60065-0427. VISA/MC call 800-288-7456.



High-Lysine and Fiber Cancer Prevention Cookbook—This beautifully illustrated cookbook is the result of more than several years' work with high-lysine grains. In addition, it offers a high-fiber and low-fat diet. This 120-page (7" x 9"), soft-cover book sells for $6.45, including p&h. Armchair Shopper, Dept. 195, P.O. Box 130, Indianapolis, IN 46206-0130.

100% Cotton Knit SLEEP CAP
Holds in up to 40% of body heat the head can lose! Special knit "gives" naturally to fit *any* head (man's or woman's); never constricts or binds . . . caresses your scalp with gentle warmth! Choose snow white or soft blue.
Only $5.95 – 3 for $12.85 (Save $5)
Postpaid if you order promptly!
WITTMANN TEXTILES Dept. 316
Hobe Sound, FL 33475 *(Ship. to FLA add 6% tax)*

***DIABETICS'* INSULIN TRAVEL KIT**
Your *Insulin* is kept cool with a refreezable ice pack. Nylon kit organizes your materials as shown below (7 x 9½ x 2).
MADE IN USA
Refreezable Ice Pack (Included)
Send $29.95 + $4.00 S&H To: Gregory Assoc. P.O. Box 10 E Skaneateles, NY 13152

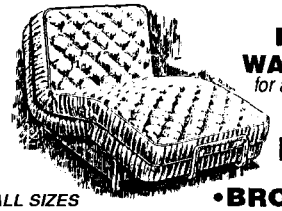


48,000 Patterns China, Crystal & Flatware
Obsolete, Inactive & Active. Buy Or Sell.
REPLACEMENTS, LTD.
1089 Knox Road, PO Box 26029
Greensboro, NC 27420 - Dept. SE15A
1-800-562-4462

FOR SOMEONE SWEET
Fudge Heart

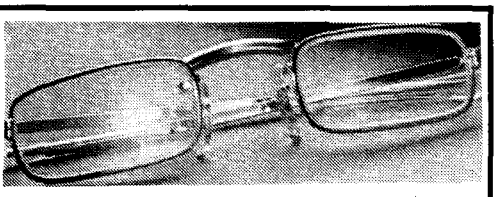
Freshly made right here with real cream & butter. Presented as a deluxe gift package; personalizing available. We Ship For You!
Olde Marco Fudge Factory, 527 Bald Eagle Dr., Marco Island, FL 33937, (813) 642-5200. $10.97 each includes shipping anywhere in the U.S. Call for free brochure featuring all of our items. We specialize in Key Lime Fudge.

WONDERBED™
Electrically Adjustable Beds
AS LOW AS $49/MO
WITH NO MONEY DOWN*



LIFETIME WARRANTY
for as long as you own the bed
FREE •VIDEO •BROCHURE
ALL SIZES
CALL **1-800-543-7500** OR WRITE
WONDERBED MFG. CORP., P.O. BOX 1551, ROSWELL, GA 30077
*On approved credit. Estimated payment shown for twin bed. Montly payment 1/30th of balance. APR up to 19.8%.

Change Tiny Small Print Into Large Sharp Print
Miracle Magnifying Glasses



Don't strain your eyes to read fine print, road maps, thread needles, etc. These fantastic low priced magnifying specs may be all you need! Everything increases in size from 2½ times to 4 times depending on the strength you need. You get a stylish look at an incredible low, low price.
Rich Gold Tone XL Sturdy Metal Frames with high impact resistant optical lenses fit both men and women.

SEE THE ACTUAL DIFFERENCE!!!

ORIGINAL SIZE	SELECT STRENGTH	MAGNIFIED RESULTS
From This	2½X	To This!
From This	3X	To This!
From This	3½X	To This!
From This	4X	To This!

© Rush Ind., Inc. 1989

These truly attractive glasses are yours for as low as $9.98. Order by magnification strength.
30 DAY MONEY BACK GUARANTEE
Send to: Rush Inc., Optical Div. Dept. MG83RA , 75 Albertson Ave., Albertson, NY 11507
QTY. *Satisfaction Guaranteed or Money Back! (Less shipping & handling.)*
____ 2½X Magnification Strength Only $9.98 + $2.00 Shipping, Handling & Insurance.
____ 3X Magnification Strength Only $10.98 + $2.00 Shipping, Handling & Insurance.
____ 3½X Magnification Strength Only $11.98 + $2.00 Shipping, Handling & Insurance.
____ 4X Magnification Strength Only $12.98 + $2.00 Shipping, Handling & Insurance.
____ A convenient 5" long slip-on pocket case is available for an extra $1.00.
____ Special Bonus! Order 2 or more pairs of glasses and deduct $1.00 from each pair.
Name_____
Address_____
City_____ State_____ Zip_____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Classified Directory

Rates for classifieds: 1-time insertion, $8.00 per word; 3-time insertion, $7.75 per word, per issue; 6-time insertion, $7.50 per word, per issue. For further information, contact Karen Swaynie, 1100 Waterway Blvd., Indianapolis, IN 46202. Phone: 317-636-8881. ***Payment must be received with order.***

Antique Stocks Wanted

Stocks, Bonds, Autographs, Baseball memorabilia, cards, political pins, ribbons, banners wanted. High prices paid. Paul Longo, Box 490-J, South Orleans, MA 02662.

Books/Publishers

Do you have a book to publish? Established co-operative publisher can help. Call Pentland Press, Inc., 1-800-948-2786.

PUBLISH YOUR BOOK!
Join our satisfied authors in a complete and reliable publishing program. This program includes attractive books, publicity, advertising and quality service since 1959. All subjects are invited! Send for a FREE manuscript evaluation & copy of *How to Publish Your Book.*
CARLTON PRESS 11 W. 32nd St. Dept SEA New York, NY 10001

The Perfect Secretary—Especially written for the woman behind the man from 9 to 5. 96-page (6" x 6") softcover for $4.50 (p&h included). Armchair Shopper, P.O. Box 130, Dept. 195, Indianapolis, IN 46205-0130.

PUBLISH WITH RUTLEDGE!
Become part of the Rutledge family. We offer a complete publishing plan. Let our professional staff work with you to produce an attractive, high-quality book. Send for our free brochure outlining our step-by-step plan.
Rutledge Books
Dept. SE0
P.O. Box 315
Bethel, CT
06801-0315

Catalogs

An all-purpose greeting cards catalog. Only $2.00 (refundable on first order). Write: Henderson Bailey, 14 Goldsmith Ave., (Box 2236A), Newark, NJ 07114.

Crafts & Hobbies

The Apron Hoop—Flexible plastic hoop clips around waist; add a hemmed piece of fabric to the hoop. Great fund-raisers. Specify size(s): Sm. (20"-28"); M (28"-34"), Lg (34"-44"). 1/$2.75, 2/$5.00, 6/$13.00, 12/$22.50. Armchair Shopper, P.O. Box 130, Dept. 195, Indianapolis, IN 46206-0130, or call 800-558-2376.

Newsletter

Young Astronomers Newsletter—For all school ages. Monthly astronomy and space news, forecasts, Q & A, where-to-look, and lots more. A great gift. $11.50/year (NC residents add 6%). Argo, Box 12691A, Winston-Salem, NC 27117-2691.

Notices/Personal

"Marriage Is For Life." Your teenager should have this free tract. Send self-addressed envelope. Robinson Flying Service, 6 Hwy 56, Vevay, IN 47043.

International PenPal Kit™. Free brochure/LSASE. Box 446-S201, Belt, MT 59412-0446.

ASIAN SINGLES! Marriage-minded. Sunshine International Correspondence, Box 5500-XH, Kailua-Kona, HI 96745-5500, 808-325-7707.

MEET FRIENDS WORLDWIDE! Free 32-page photo catalog! Cherry Blossoms, 190SV Rainbow Ridge, Kapaau, HI 96755. 408-980-7488.

Japanese, Asian, European friendship! Inter-Pacific, Box 304-SP, Birmingham, MI 48012.

Recipes

Fiber & Bran Better Health Cookbook—Hardcover, 320 pages; $12.95 (p&h included). Armchair Shopper, P.O. Box 130, Dept. 195, Indianapolis, IN 46206-0130, or call 800-558-2376.

Religious

"Fed up with human religions? Original church started 2,000 years ago, by the Lord Jesus Christ in Jerusalem." "Church" 5205-S Willis, Dallas, TX 75206.

Stickers

"PRESIDENT POWELL 1996" bumper sticker. Send $5.00 cash, check, MO to: LECISCO, P.O. 377, State College, PA 16804.

Travel

Red Hook Apts. Rent condo for the price of hotel room. Box 9139, St. Thomas, U.S. Virgin Islands 00801, 800-619-0005.

". . . And just how soon were you folks thinking of going to Miami Beach?"

Toe Cushions

*Separate crooked toes

*Stop pinching and cramping caused by overlapping toes

*Absorb pressure and friction while walking or playing sports

*Doctor recommended

Pamper toes with these flexible sponge cushions that you place between toes before slipping on your shoes. Machine washable.

Great Value!

3 sets of cushions for $4.99 + $1.00 p&h

VISA or MasterCard orders call 1-800-558-2376, or send payment to:

The American Foundation for Preventive Medicine
P.O. Box 1144, Dept. 195,
Indpls, IN 46206-1144

VISA MasterCard

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SWANSON® HEALTH PRODUCTS

UP TO 50% OFF NATIONAL BRAND VITAMINS & FOOD SUPPLEMENTS

Swanson Health Products, your warehouse direct supplier for nearly three decades, offers you the lowest prices on over 4,500 NATIONAL BRANDS you know and trust!

FOR EXPERT VITAMIN AND HEALTH PRODUCT INFORMATION CALL TOLL-FREE 1-800-437-4148

Get your FREE subscription to the Health Digest where top Physicians speak out on tomorrow's breakthroughs. Get 80 pgs. of nutrition monthly, FREE with any purchase!

Ethical Nutrients Maxi Pros Plus
Highly nutritional formula for adult men!
75 ct. #SEP701
reg. 16.95 NOW 10.17
Buy 2 for 16.95 #SEP702

Natrol® China Chlorella
Six times the beta-carotene of spinach, ten times the chlorophyll of alfalfa! 500 mg.
120 tabs #SEP703
reg. 18.50 NOW 11.10
Buy 2 for 18.50 #SEP704

Doctors Best Citrilite w/ CitriMax™
Promotes healthy weight-loss and appetite control.
50 caps #SEP705
reg. 13.95 NOW 8.37
Buy 2 for 13.95 #SEP706

KYOLIC Formula 100
Exclusive 18-month aging process makes it truly odor-free.
100 caps #SEP707
reg. 10.95 NOW 6.57
Buy 2 for 10.95 #SEP708

CamoCare Under-Eye Therapy
Makes puffiness, dark circles, even those nasty little lines disappear!
.5 oz 15 g. #SEP709
reg. 22.95 NOW 13.77
Buy 2 for 22.95 #SEP710

Ginsana® The famous energizing herbal wonder for all ages!
30 softgels
reg. 14.95 #SEP711
NOW 10.95

Ethical Nutrients Thyro-Vital
Born tired? It's not all in your head. Try Thyro-Vital.
90 ct #SEP712
reg. 12.95 NOW 7.77
Buy 2 for 12.95 #SEP713

Nutrapathic Stress Free
Nutritional support formula that renourishes the body when stress occurs.
60 tabs #SEP714
reg. 10.50 NOW 6.30
Buy 2 for 10.50 #SEP715

Nu Naturals Ginkgo Biloba
The SMARTEST natural product in our inventory!
60 mg 60 ct #SEP716
reg. 23.35 NOW 14.01
Buy 2 for 23.35 #SEP717

KAL 50 mg Pycnogenol
50 times more powerful than Vitamin E as an antioxidant.
30 ct. #SEP718
reg. 23.99 NOW 14.39
Buy 2 for 23.99 #SEP719

Herbal Clean Master Fiber Therapy
Finally a psyllium cleanser that tastes good. Includes DDS 1-Acidophilus.
10 oz #SEP720
reg. 7.95 NOW 4.77
Buy 2 for 7.95 #SEP721

THOMPSON Dream Ease
Contains herbs and minerals that put you in the mood for a restful night.
60 ct. #SEP722
reg. 6.89 NOW 3.45
Buy 2 for 6.89 #SEP723

UAS Labs Co Q-10
America's favorite for high potency, highest quality.
30 mg. 50 ct #SEP724
reg. 19.00 NOW 11.40
Buy 2 for 19.00 #SEP725

Swanson Melatonin
Lights out! Reset your clock for "SWEET DREAMS."
60 caps #SEP726
reg. 13.95 NOW 8.37
Buy 2 for 13.95 #AML827

Power Labs Shark Cartilage
Power Labs Shark Cartilage is the purest, most concentrated form of shark cartilage available.
90 caps #SEP728
reg. 41.95 NOW 25.17
Buy 2 for 41.95 #SEP729

Reviva Light Skin Peel
This once-a-week process of light skin peeling is indespensible for smoother, clearer, younger looking skin.
1.5 oz reg. 15.00 #SEP730
NOW 9.00
Buy 2 for 15.00 #SEP731

Dr. Clayton's SINUS-ADE
Safe and effective sinus relief, 100% NATURAL!
125 tabs #SEP732
reg. 11.95 NOW 7.17
Buy 2 for 11.95 #SEP733

FOODFORM® Bone Nourisher™
Real food calcium, magnesium & more. Nutritional support for the bones
90 tabs #SEP734
reg. 23.00 NOW 13.80
Buy 2 for 23.00 #SEP735

UAS Labs DDS-100 Acidophilus
Get good nutrition value, and positive results. Non-dairy.
100 caps #SEP736
reg. 18.00 NOW 10.80
Buy 2 for 18.00 #SEP737

SEND ORDER TO:
SWANSON HEALTH PRODUCTS, INC.
1322 39 ST NW / PO BOX 2803 / Fargo ND 58108
KEY 195SEP

CREDIT CARD ORDERS CALL 1-800-437-4148

NAME _____
ADDRESS _____ #
CITY _____ STATE _____ ZIP

LIMITED SUPPLY / ORDER TODAY!

QTY	ITEM #	SIZE	NAME OF PRODUCT	PRICE

SHIPPING & HANDLING JUST $2.00 FOR ANY SIZE ORDER $2.00

ABSOLUTE MONEY BACK GUARANTEE! TOTAL

VISA____ MASTERCARD____ DISCOVER____

SIG _____ EXP DATE____/____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Unwelcome Tourists

continued from page 49

He found himself alone after breakfast. Pete had gone off with his camera; Janet was shopping; Edna had returned to her room to write letters. They were angry with him, he supposed. But he rather enjoyed the feeling of freedom as he went across the street to see about the car. One so seldom had a chance to be alone on a trip of this sort.

The car had been washed. He waited a moment for Miguel to appear, then knocked at the door of No. 5. The man with the invisible load on his shoulders opened the door.

"I want to pay Miguel for his work," Andrew said, smiling.

"He has gone to the market with his mother, *señor*."

"Well"—Andrew made no attempt to conceal his disappointment—"I can leave the money with you."

He reached for his billfold. At that moment the boy and his mother came through the tunnel into the courtyard. They insisted he come in for coffee, and while sitting with them in their little whitewashed parlor, he had an idea.

"I thought I'd walk about the town. If Miguel is free and would like to come with me——" He gazed at the boy and waited, and it was a kind of test, for he had not mentioned payment nor had he yet paid for the car wash.

"I would like to," Miguel said promptly. . . . "May I, Papa? I can do my work later."

"You have my permission."

Andrew opened his billfold. "I owe you for washing the car. How much?"

The boy hesitated. "I—I never washed a car before. I do not know."

"Small boys usually ask a peso and are given a tip."

"Yes, sir."

"But tips are for strangers. To a friend one simply says 'Thank you.' "

Miguel solemnly nodded.

"On the other hand, a garage in the city would have charged five pesos for the kind of job you did. So——" Andrew placed a five-peso note in the boy's hand. "Come along now. Let's see the town."

As they walked out of the courtyard together, he glanced across the street and hoped Edna was looking out the hotel window.

Miguel showed him the church and the walled homes of important people, the back-street shops of the silver artisans and tile makers; even the school, which, today being Saturday, was closed.

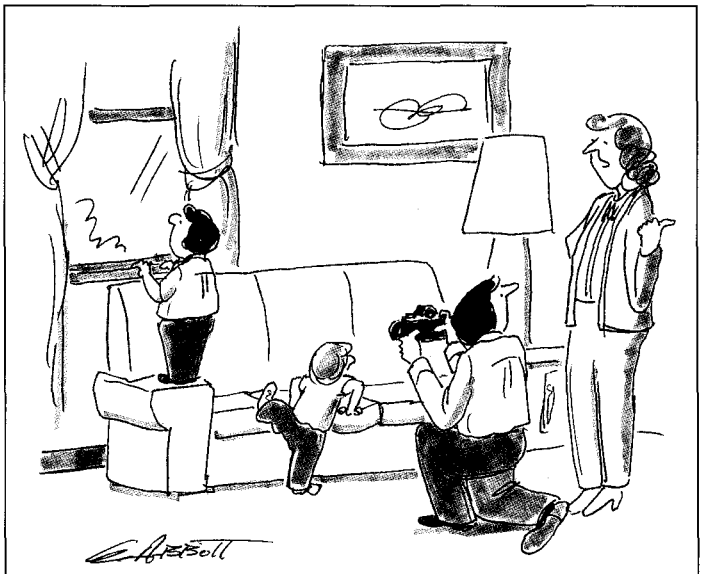
"What are you going to be when you grow up, Miguel?" Andrew asked.

"A schoolteacher, sir."

"Small world." Andrew chuckled. "I'm a teacher myself."

"You, Mr. Hollis?"

"I'm the head of a high school." Andrew chuckled at the boy's astonishment.



"If you want them to sit still, just get out the video camera."

"Rather a big high school, in fact."

Miguel looked at him as though he were a god, and with an odd tightness in his throat, Andrew thought of how Pete and Janet sometimes looked at him.

"What work does your father do, Miguel?" he asked as they went on toward the market.

"He makes furniture."

"And yet you want to be a schoolteacher? How is that?"

"I would be proud to learn furniture making, but he says no, it is better to be a teacher. He is older than I and he is my father. He knows best."

Heaven be praised, Andrew thought. *Here's youth admitting that age and experience may count for something. What a backward country this Mexico is!*

They entered a winding lane haphazardly roofed with sheets of cloth, and went more slowly now, for the market was crowded.

He halted frequently and priced things to hear the soft musical speech of the Indian women. With Miguel at his side, there was no feeling of strangeness in him.

"These are good, Mr. Hollis." Miguel had exchanged a copper coin for two golden slices of pineapple, and was offering him one with all the poise of an adult companion offering a cigarette. Andrew accepted without hesitation, indifferent to what the guide books said about eating such things.

Suddenly, picking his way between piles of red and green peppers, he found himself face to face with Pete. His son was picture hunting.

"Good grief, Dad!" The boy looked at him in dismay. "Are you out of your mind?"

"What's wrong now?"

"Eating that stuff! Do you want to be sick?"

Andrew looked at the half slice of fruit left in his fingers. "Don't be silly. It's the best pineapple I've ever tasted." He laid a hand on Miguel's shoulder. "Peter, I want you to meet——"

"I tell you it's pure poison!" his son insisted loudly. "Just look at these stalls, the flies on everything, these women handling the stuff! Of all the pestholes——"

Andrew spoke sharply, "Pete!"

"Huh?"

"I said I want you to meet——" He saw the look on Miguel's face and faltered, and suddenly was so angry he could have slapped Pete's face in front of the whole staring crowd. "Never mind. Take your pictures. I'll see you at the hotel."

"Now what have I——"

But Andrew had caught hold of Miguel's hand and begun walking, and when he stopped walking they had lost Pete in the crowd and he was no longer shaking. He halted by a stall filled with hanging baskets and faced his small companion.

"You must understand, Miguel—in the United States we do not have markets like this. Perhaps you have seen pictures of our supermarkets." He spoke in Spanish.

The boy gazed at the ground. *"Si, señor."*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"We're so modern." Andrew felt himself trembling again. "Oh, yes, we're so modern and so proud of it. Yet we wear our shoes into the house, and some people consider that barbarous." He tried to smile. "It's all in where you live, eh? And in what you know about how other people live."

He waited, hoping he had healed the hurt. But Miguel was silent.

"Well, let's go back to the plaza." Andrew sighed. "My feet hurt."

They sat on a stone bench in the plaza garden to rest awhile. Jan, crossing the park, found them there.

He introduced Miguel and Jan smiled at the boy with her eyes. She had beautiful eyes, Andrew realized. She was a very beautiful girl. There was so much that was fine about his children, if only——

"See the bargain I found." Opening her purse, she handed him a silver bracelet set with semiprecious stones.

"Bargain?" Andrew knew little about jewelry. "How much?"

"They wanted forty dollars. I got it for thirty."

He was startled. "I thought you were out of money."

"Mother put me back in business this morning." She dropped the bracelet into her purse. "I've got to run, Daddy. I have more shopping to do." Her smile included Miguel. "'By now!"

Andrew watched her go down the path, then turned to the boy at his side. "Miguel——"

"Yes, Mr. Hollis?"

"How much was that bracelet worth?"

Miguel hesitated. "I—I don't think I know."

"Of course you do. You took me through shops this morning where those things are made."

"No, Mr. Hollis. The men we watched—the work we saw was for the best stores in the capital. Other people make things to be sold on the street." Miguel would not look at him.

"I see." With a shake of his head Andrew stood up. "Well, it's time I got back." He tucked a ten-peso note into Miguel's shirt pocket. "You've been a first-rate guide."

"You don't have to pay me, Mr. Hollis," Miguel protested.

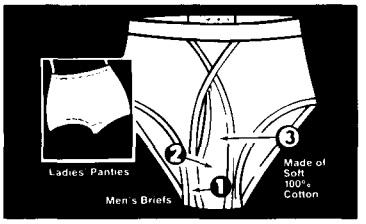
"I know I don't. I want to."

It was after five when the hotel proprietor came upstairs to say that Señor Ochoa, in the lobby, wished to speak

continued on page 82

END THE EMBARRASSMENT OF POOR BLADDER CONTROL

Luxurious Comfort with 24 Hour Protection



Three-Layer Design Guarantees Protection

① Inner layer of soft, highly-absorbent, 100% pre-shrunk cotton flannel.
② Middle "shield" layer of durable, water-repellent nylon.
③ Outer layer of fast drying, 100% cotton/knit.

Whenever incontinence occurs — The inner layer absorbs moisture, the middle layer acts as a moisture barrier that protects the outer layer and your clothing from stains and spots.

Minor to average incontinence problems or poor bladder control is no longer an embarrassment or an inconvenience for thousands of satisfied customers who have **ConFiDenS** in **CFDS.**

These fine undergarments for ladies and gentlemen were developed by a doctor who understood his patients' need for privacy and freedom from costly and uncomfortable store-bought disposables.

Made of soft 100% washable cotton, "CFDS" will outwear and outlast ordinary underwear by far. Their slim, absorbant design prevents a slight loss of urinary control from spotting and staining clothes. And to insure complete privacy, "CFDS" is discreetly packaged and offered only through the mail.

Try them risk-free. Order a pair (or two) of "CFDS" and if you're not completely delighted, just return them within 30 days for a prompt, full, no-questions asked refund, less postage.

"CFDS"... the private approach to freedom, trusted by thousands.

"CFDS," Dept. 95-4 2246 D Rome Drive, P.O. Box 88319, Indianapolis, IN 46208

☐ Please rush me 2 pair of "CFDS" for $23.90 plus $3.50 UPS shipping and handling
☐ Please rush me 1 pair of "CFDS" for $12.95 plus $3.50 UPS shipping and handling
☐ Please rush me 4 pair of "CFDS" for $47.80 POSTAGE FREE! Ind. res. add 5% sales tax.

☐ Men's Briefs	
☐ Sm. (30-32)	☐ L (38-40)
☐ Med. (34-36)	☐ XL (42-44)
☐ * XXL (46-48)	☐ * XXXL (50-52)
* add $2.00 per each brief	

☐ Ladies' Panties					
Size	Hip Size	Size	Hip Size	Size	Hip Size
☐ 5	36	☐ 7	40	☐ 9	44
☐ 6	38	☐ 8	42	☐ 10	46

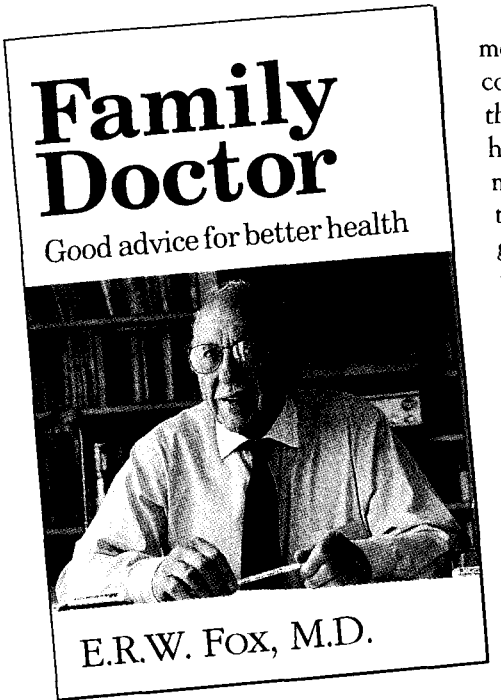
Enclosed is my ☐ check for or ☐ money order for $ _____

Please charge my ☐ Visa ☐ MasterCard Please use your imprinted name/address sticker.

Acct. # _____ Exp. Date _____

Print Name _____ Address _____

City _____ State _____ Zip _____



From depression to diabetes, menopause to migraines, in 134 concise essays Dr. Fox shares the knowledge and wisdom he's gained from 55 years of medical practice in a small town in northern Idaho. Still going strong at 85, he reveals why "Laughter Is The Best Medicine—No Kidding!" and how to "Mellow Out To Save Your Life."

Other chapters include "Diet Fads and Frauds," "Avoiding Hearing Loss," "Good News About Cancer in Women," "New Ways to Treat Ulcers and Stones," and how to tell "When A Heart Attack Is Not A Heart Attack."

Use the coupon to order an *autographed* copy of **Family Doctor**—434 pages of "Good advice for better health." Or get your copy at any bookstore—if they don't have it, they'll be glad to order it for you.

I've enclosed $12.95 each for _____ copies of **Family Doctor,** plus $3.00 each for postage and handling.

TO: Gatewood Press, Malden NY 12453

FROM: _____

Address _____

City _____

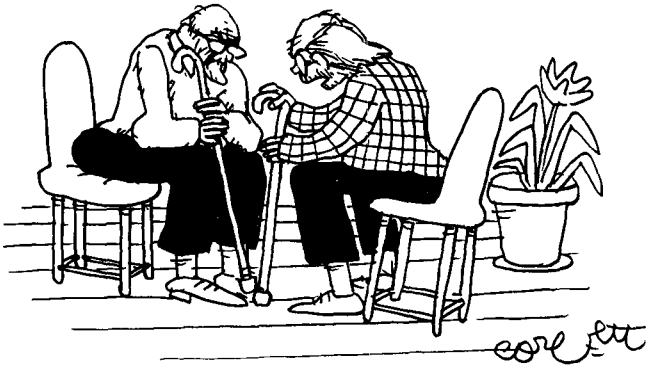
State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

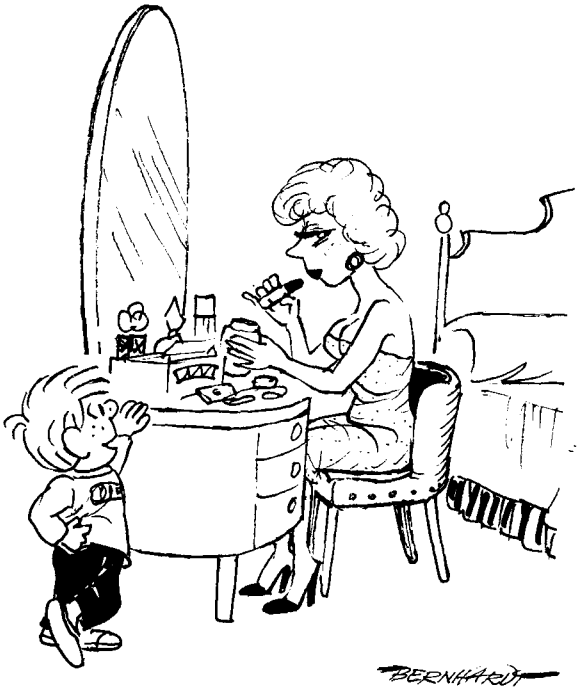
"He'll never wear out. He has no moving parts!"

TRUER WORDS

"Well, he certainly looks very bright."



"Yeah, well, I wasn't born yesterday, either!"



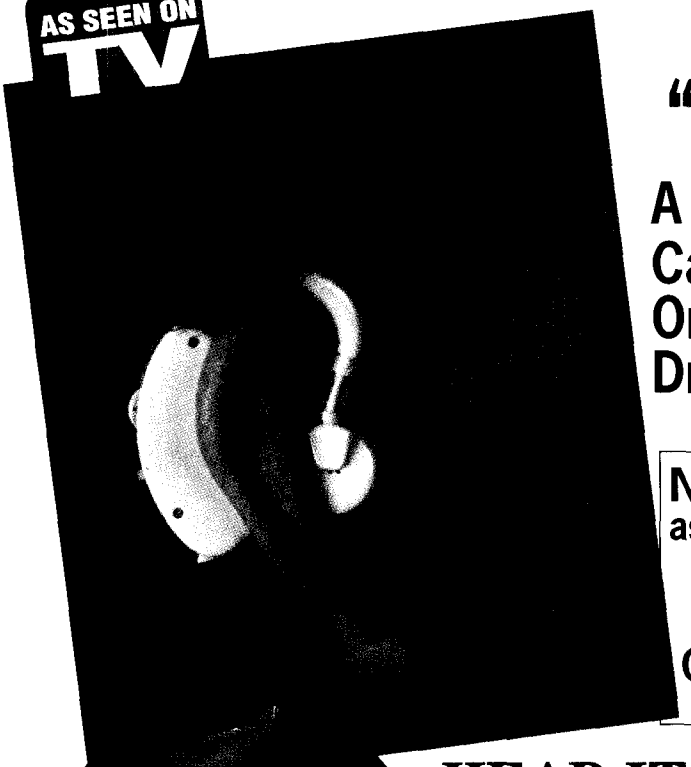
"I think you're much better looking in person, Mom."

"I hope you'll be happy with us, Miss Farland, and remember . . . if at first you don't succeed, you're running about average."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEAR THE FAINTEST MURMUR... UP TO 101 FEET AWAY!!

AS SEEN ON TV

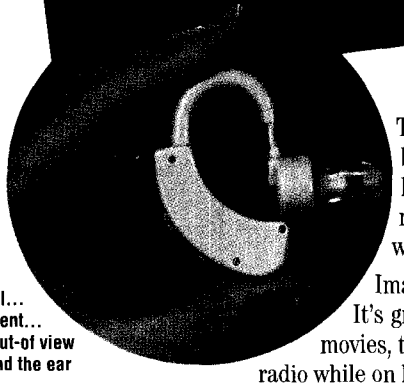


THE AMAZING NEW "AUDIO FONE 6000"

A Super Hearing Instrument... Can Pick Up a Kitten's Purr Or The Sound of a Pin Drop...From 50 Feet Away

NOT ~~$29.95~~
as sold by others
OUR PRICE
ONLY $19.95

Amplifying instruments such as our "AUDIO FONE 6000" have been selling like wildfire abroad for a lot more money than our low price of only $19.95. In the U.S.A. you may have seen similar instruments advertised at much higher prices than ours...even though our "AUDIO FONE 6000" performs to equal or better perfection.



Small... Efficient... It's out-of view behind the ear

HEAR IT ALL...FAR AND WIDE

This small high-tech engineering device snugly fits behind your ear. It's designed to be undetectable as it hides from view. The **"AUDIO FONE 6000"** actually allows you to hear the slightest sound and could pick up a whisper up to 100 feet away. Its electronic magic works so well you'll hardly believe your ears as you pick up sounds that you thought were impossible to hear before.

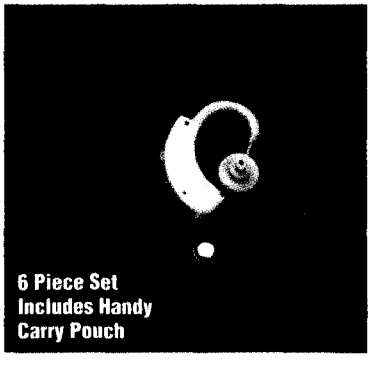
Imagine hearing people talking in the next room or picking up a conversation down the block. It's great for outdoors, too. Pick up birds singing or a rabbit crossing your path. Take it to the movies, theatre, or meeting room. Catch every word that's said. Enjoy the clear crisp sound of TV or radio while on low volume, without annoying anyone else in the room.

EXPERIENCE SUPER HEARING

You'll be picking up scores of different sounds that are not normally audible to the average person. Open up a whole new world of hearing for yourself. The **"AUDIO FONE 6000"** has 6 sound levels. Adjust to your particular hearing tone needed. Easily accessible ON-OFF switch. Comfortably adjusts behind either ear. Comes complete with battery and iron-clad 1 year guarantee.

FAIR WARNING

It is Prohibited by Law to Spy or Listen to the Private Conversations of others without the permission of at least one party.



6 Piece Set
Includes Handy
Carry Pouch

Holst, Inc. Dept. SPF-195
334 W. Wackerly St.
P.O. Box 1431
Midland, MI 48641-1431

Yes. Please rush my **AUDIO FONE 6000**(s) (item AF-85) to try out for 30 days on money-back guarantee.

☐ One **AUDIO FONE 6000** for **$19.95** + $5.00 p&h.

☐ **SAVE** Two **AUDIO FONE 6000**(s) for **Only $37.50** + $6.00 p&h.

Enclosed is $_____ (MI residents add sales tax)

Charge to my ☐ MasterCard ☐ Visa ☐ Amex

Account No._____ Exp. Date_____

Name _____

Address _____

City_____ State_____ Zip _____

Please make check or M.O. payable to HOLST, Inc.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

ROPIN' AND RHYMIN'

HORSE SENSE AND HUMOR LURE THOUSANDS OF FANS TO NEVADA'S MOST COLORFUL COWBOY ROUNDUP.

BY CAROLYN HUGHES CROWLEY

At the annual Cowboy Poetry Gathering in tiny Elko, Nevada, you will laugh, laugh again, and laugh some more as cowboys dice their troubles into jokes and swap tall tales. You'll cry when a cowboy tells of losing his true love or putting down his trusty horse. Goose bumps will rise on your forearms when an army officer-turned-cowboy tells of Vietnam experiences. You'll cringe because some poetry is so earthy. You'll nod with amazement because some poetry has such finesse.

With 8,000 other people—some will become your good buddies by the end of the week-long festivities—you will learn that cowboy poetry is a 100-year-old tradition that is alive, well, and growing. You will discover that several hundred poets and reciters live in the West today. They serve audiences a slice of cowboy ranching life and offer sentiments straight from the saddle.

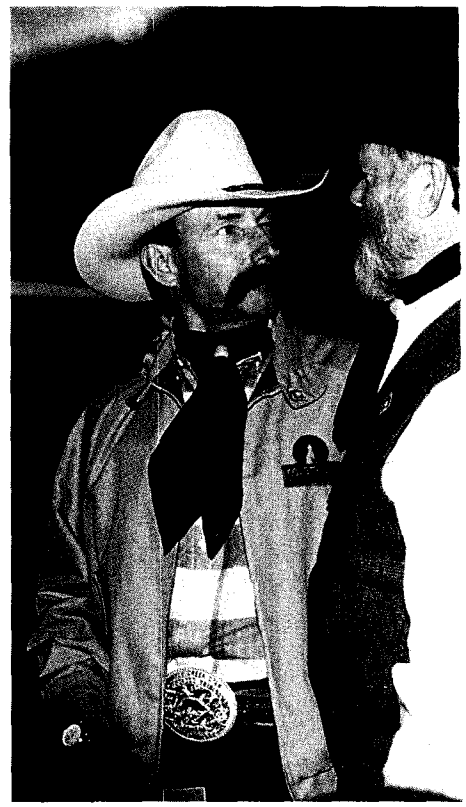
Among them is former veterinarian Baxter Black of Colorado. He's acquired a national following with his regular slot on National Public Radio and his weekly newspaper column, "On the Edge of Common Sense."

Another famous bard is Waddie Mitchell, a founder of the Gathering who turned professional cowboy-poet after 26 years on horseback. His first paying gig was "The Tonight Show" several years ago with Johnny Carson. "I grew up outside of Elko on my Dad's 46,000-acre cattle ranch, 30 miles on dirt road to Jiggs, a two-family town," he says with a grin. "We had no electricity or TV, so I didn't know who Carson was at the time of my first appearance." He was such a hit that he was invited back four times.

Today, Mitchell travels 300 days a year, appearing east of the Mississippi with his funny tales and earning $2,500 to $10,000 a performance. Sporting a well-waxed handlebar mustache, he dresses in $600 boots with his brand imprinted on them, a handmade horsehair belt with a gold-inlaid, sterling silver buckle, and a beaver-felt black hat. Mitchell is one of the dandiest and best liked of all storytellers. He's proud of the heritage recounted in rhyme.

"Our poetry is interesting because it comes from an earthy background," says Mitchell.

Spontaneity increases its appeal. Because most cowboy poets recite their works, some occasionally forget the next rhyming line. Abruptly, they stop cold and the audience waits silently and patiently "You can't cut, edit, slash,



When he's not composing poems or tending horses, Baxter Black, D.V.M. (above), writes the most popular agricultural column in print. Below, dandy dresser Waddie Mitchell recites a few lines to accompany a cowboy combo in concert.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

To prove that cowpokes haven't lost their knack for the traditional feats of roping and riding, Rod McQueary offers an impromptu demonstration.

or predict what will happen in our live performances," says Wallace McRae, the only cowboy poet to win the National Heritage Award ($5,000 and a letter from the President of the United States). "Nice things happen when we make mistakes. Some people sympathize. Knowing the poem and wanting to help, they feed the poet the lines."

Some of the most popular recitations occur at the all-female sessions at Elko's Gathering. The poems have helped familiarize audiences with the history of ranch women. A favorite

Have Poems, Will Travel

Cowboy-poets will ride into Elko January 26 for their annual gathering. Although the weather is usually cold in the winter, the town's 25,000 residents promise a warm welcome to tourists interested in witnessing one of the most colorful public folklore presentations in the country. In his 1992 book, *The 100 Best Small Towns in America*, author Norman Crampton selected Elko as America's No. 1 small town.

How to get there: Elko is located on I-80 between Salt Lake City and Reno. Fly Delta Connection-Sky West from either city, or take Amtrak or Greyhound.

Prices: Guest passes cost five to ten dollars each day; children under 12 are free. Special tickets are required for a few daytime performances and all evening shows.

Places to visit in Elko: Northwest Nevada Museum, 1515 Idaho St., is free and offers exhibits of cowboy gear, guns, and animals. The Western Folklife Center in the Pioneer Hotel, Fifth and Railroad streets, contains western-life memorabilia.

Places to shop: Ranchwear—including 3,000 pairs of cowboy boots—is available at Corral West on East Idaho Street. Anacabe's Elko General Merchandise Co., also on Idaho Street, offers boots, clothing, and T-shirts.

For more information: Write to Western Folklife Center, 501 Railroad Street, Elko, NV 89801, or call 800-748-4466

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

female poet is Georgie Sicke[illegible], who has recited almost every year since the Gathering was launched ten years ago. At age 73, she's an independent, self-sufficient, weathered, and liberated Nevada rancher with 60 head of cattle.

Georgie's poems are based on her experiences as a rancher. Her ideas come "rapidly and leave just as rapidly. Sometimes I'll be loading hay and, instead of feeding my cattle, I'll have to rush home to write down the poem. I'll return later to feed the cattle. Other times, after I go to bed and am half asleep, a poem comes and I get up to write at my desk. I grab a sheet of paper or a paper sack. Poems come in their entirety, and I seldom change them. My 60 poems (in two books) are God's gift, so I don't take credit for them."

The roots of cowboy poetry are deep, going all the way back to old European ballads and Irish and Scottish sea chanteys. At first, the rhymes dealt with the dark side of frontier life—cowboys crushed under stampedes, homesickness, and the loneliness of the long winter camps. The authors scribbled in journals and then recited their work around campfires to their buddies. Later, the poems turned humorous and contained earthy details about freezing outhouses, flatulent horses, and cow pies.

By the 1880s and '90s, Rudyard Kipling's and Robert Service's four-line ballad verses appeared in Western newspapers and cattlemen's journals. Soon after, poems started showing up in Western stories and novels; often, they would take the form of songs and fragments of songs. Many of these old songs dealt with tragic incidents that occurred on the trail. By the 1920s, cowboy poems had turned humorous again, and sometimes involved nonfatal disasters or tall tales, such as Gail Gardner's "Tying the Knots in the Devil's Tail."

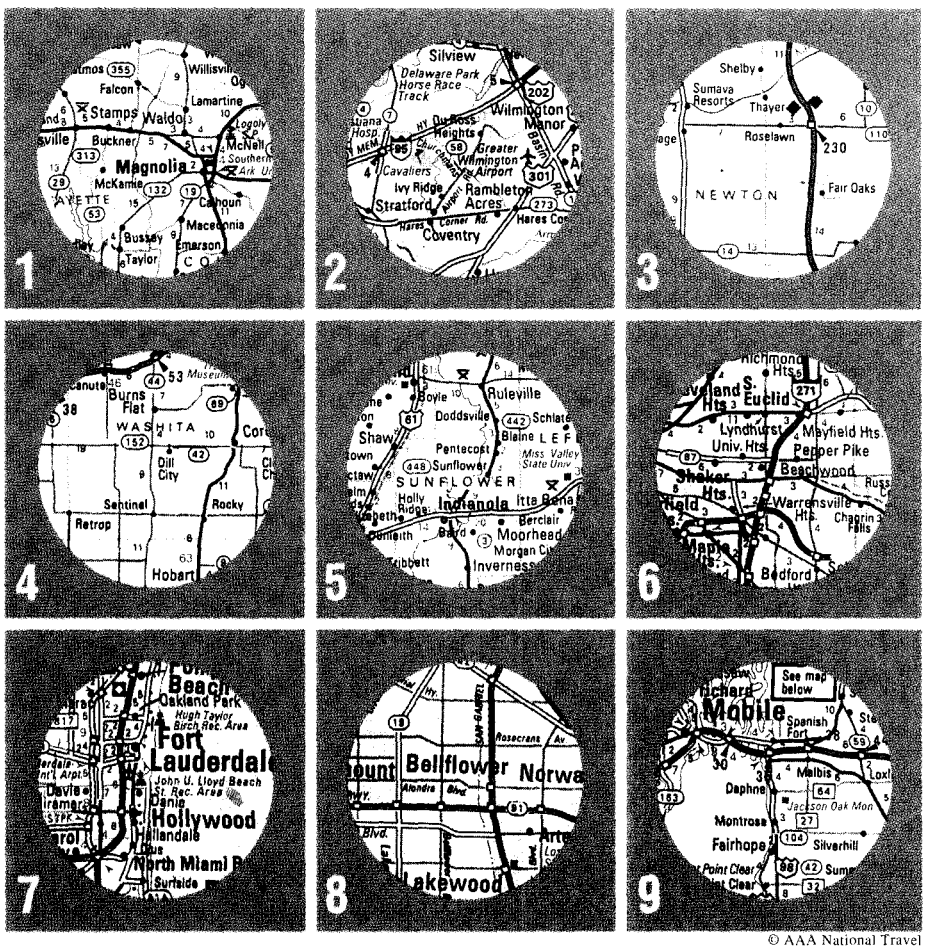
This century, poets' favorite themes are rootin'-tootin' tall tales and reminiscences of the sentimental aspects of cowboying, such as the loss of the open range. Cowboy poets also write of the rodeo and of political issues involving land use and government encroachment. Cowboys and ranchers write antigovernment pieces frequently. More than once, the Forest Service has been depicted as the "Forest Circus."

Cowboy poems often speak of human events. They talk about good horses and bad rides; cagey, ornery cows; roping bears and cougars; Stetson hats; mustaches and cowboy etiquette. Only rarely are poems at the Gathering off-color or embarrassing. Most are simply bust-a-gut funny.

The format is simple—every other line rhymes—and doesn't interfere with sudden surprise endings. Since cowboys recite their work from memory, their poems have a loose, folksy feel and agreeable tension. Living up to their heroic image of mounting a bucking bronco, the reciters grip the podium and hold on tight. The first-person "I" dominates.

Because veteran cowboy-poets hope their traditions will continue with future generations, the Gathering features open sessions for amateurs to showcase their talents. One session is just for youth under the age of 17 and gives the next generation of poets an opportunity to perform in front of a live audience. Wearing a cowboy hat with peg-heeled, pointy-toed buckaroo footwear and a bright red shirt, Shae Wirthlin, a first-grader at a local elementary school, bravely recited a poem he had written without his mother's help or knowledge. He almost tripped in his haste to return to his seat. Another student, a very nervous third-grader, recited "Bucking Bronco—by me."

Seventh-grader Roshana Moojen from Verdi, Nevada, practiced her poems for a couple of weeks. She sums up the fun of it for seasoned bards and tenderfoot beginners. "Everyone can do it if he puts his mind to it," she says. "Of course, some can do it better than others because they have more talent."



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 95)

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

You make Compassion sponsorship work.

An act of pure love

People like you make sponsorship work.

Frances Sueco spent thirty-six hours flying to Brazil to meet Andreia Carvallo, the child she sponsors through Compassion International. Andreia spent thirty-six hours straight on a bus to meet Frances.

Frances described the moment they met: "I'd sent a picture so Andreia would know what I look like. When Andrea saw me, she came running with open arms."

Frances has been a Compassion sponsor since 1965. "For years, people had tried to talk me out of sponsoring. But this trip to meet Andrea gave me the chance to offer proof that Compassion's work is sincere, good, needful and beneficial.

"I'm surprised Compassion can evoke so much love out of both sponsors and children. I think on this trip I've seen pure love — the Christian kind — in action."

Be in one heart forever

You're not just an anonymous donor as a sponsor. Andreia sent an unforgettable letter to Frances after their meeting. Toward the end, Andreia said simply to Frances, "You are going to be in my heart forever."

Children often feel that way about sponsors. The financial support — just $24 a month — offers a child opportunities for education, social development and Christian training, as well as access to health care, job skills training, and even food as needed. But there's more: the one-to-one relationship between a Compassion sponsor and a child makes the sponsor a "significant other" in the life of the child. Letters of encouragement, photos, and extra remembrances at Christmas or on birthdays are welcome items that remind a child that someone special is pulling for them.

Sponsor today

Your opportunity to be forever in the heart of a special child begins when you fill out the coupon below. Or, if you like, call 1-800-336-7676 and ask for Compassion's no-obligation sponsorship kit. You'll receive a personal biography — and a photo — of a needy child you can sponsor.

Make Compassion sponsorship work for one more child. Join Frances Sueco and thousands of other valued sponsors. Fill out the coupon below and send it in today.

Yes! I want to sponsor a child in need!

Please select a child for my consideration and send me his/her photo and full sponsorship details. I understand I am under no obligation.

I prefer a ☐ boy ☐ girl ☐ either.

My area preference is:
☐ Africa ☐ Asia ☐ Latin America ☐ Any.

☐ I want to begin immediately and have enclosed my first sponsorship check as follows:
☐ $24 (one month) ☐ $72 (three months)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Compassion is rated by Money magazine as one of the most efficient charities of it's kind. Over 82% of funds are used for program activities.

Questions? Call 1-800-336-7676.

Mail to:

COMPASSION INTERNATIONAL
Colorado Springs, CO 80997

18498

In Canada: P.O. Box 5591
London, ONT N6A 5G8
800-563-KIDS

ECFA CHARTER MEMBER

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

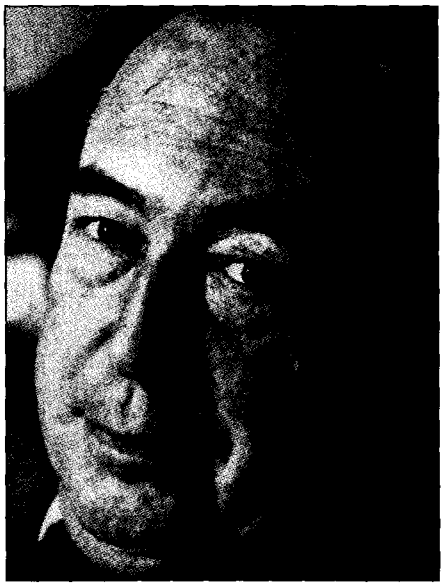
SHADOWING C.S. LEWIS

The author's Oxford haunts are must-see stops for fans of the film Shadowlands.

by Tom Mannario and Jo Kadlecek

Four men sit around a wooden table with pints of stout and pipes in hand. Good-spirited insults fly through the air as they talk of hobbits and lions and God. The discussion is led by one of Oxford's most famous dons, a scruffy English scholar known to the others as "Jack." They exchange sharp barbs as easily as they order another round of ale in their favorite pub. For these literary giants, it is a typical Tuesday in Oxford, England, 1939.

These were the Inklings of Oxford, comprised of C.S. (Jack) Lewis; his brother, Warnie; and their friends, J.R.R. Tolkien, Charles Williams, Owen Barfield; and others who occasionally had the courage to join the literary boxing match. For their weekly fill of stories, theology, and beer, the Inklings faithfully gathered at the pub they affectionately called "the Bird and the Baby," which sits just a cobblestone road away from some of England's greatest colleges. The site served as the incubator for a variety of masterpieces, including Tolkien's *Lord of the Rings*, Lewis' *The Screwtape Letters,* and Williams' *Descent into Hell.*



More than three decades after Lewis' death, his books sell 1.5 million copies a year. Actor Anthony Hopkins portrayed the teacher-writer in *Shadowlands*.

Lewis and his circle met once a week around the fireplace at The Eagle and Child (a.k.a. "the Bird and Baby") pub on St. Giles Street. Praise was warm and criticism was frank as the friends took turns reading their essays and stories.

Literary enthusiasts still journey from all over the world to visit the land of the Inklings. They come to sit in the shadows of these popular writers and to visit the many literary pubs, bookstores, and historic universities which help to define Oxford's reputation as a center for educational and creative adventures.

The Eagle and Child (or the Bird and the Baby), located on St. Giles Street, bears the authentic atmosphere of the traditional English pub that was home to the Inklings. Visitors can see the original fireplace and room where the renowned writers gathered to discuss their ideas and read their works. Built in the 1600s, the pub retains much of its rustic charm by disallowing the usual clutter: television, video games, and loud music. The kitchen staff even prepares Yorkshire puddings and cottage pies to accompany the stout, cider, and bitter.

A back room is dedicated to Lewis and his work and is adorned with historic photographs and writings. The images include Jack, Warnie, American poet Joy Gresham (who would later marry the famous English scholar), Williams, Tolkien, and Hugo Dyson. Their photos hang above wood tables across from the grill where the pub staff is eager to serve both lunch and dinner. They will even adjust the lights in this Inklings' gallery for photo-happy tourists. (And, of course, mugs and T-shirts with the Eagle and Child logo are on sale at reasonable rates.)

Across the street is the Inklings' second home, the Lamb & Flag, built in the 14th century. Lewis' group moved there after owners of the Eagle and Child renovated portions of their favorite room. Originally owned by St. John's College, the building became a pub in 1695 and earned mentions in Thomas Hardy's *Jude the Obscure* and Graham Greene's autobiography. The Lamb & Flag offers a slightly more modern appeal than the Bird and the Baby, with buffet-style service and updated lighting. But its well-read and engaging staff is quick to point out the pub's historic and architectural details, as well as its own claims to literary fame.

Down the street from both pubs is the Randolph Hotel, whose Tea Room is featured in the recent film

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 6:24 NIV

A RAINBOW OF HOPE

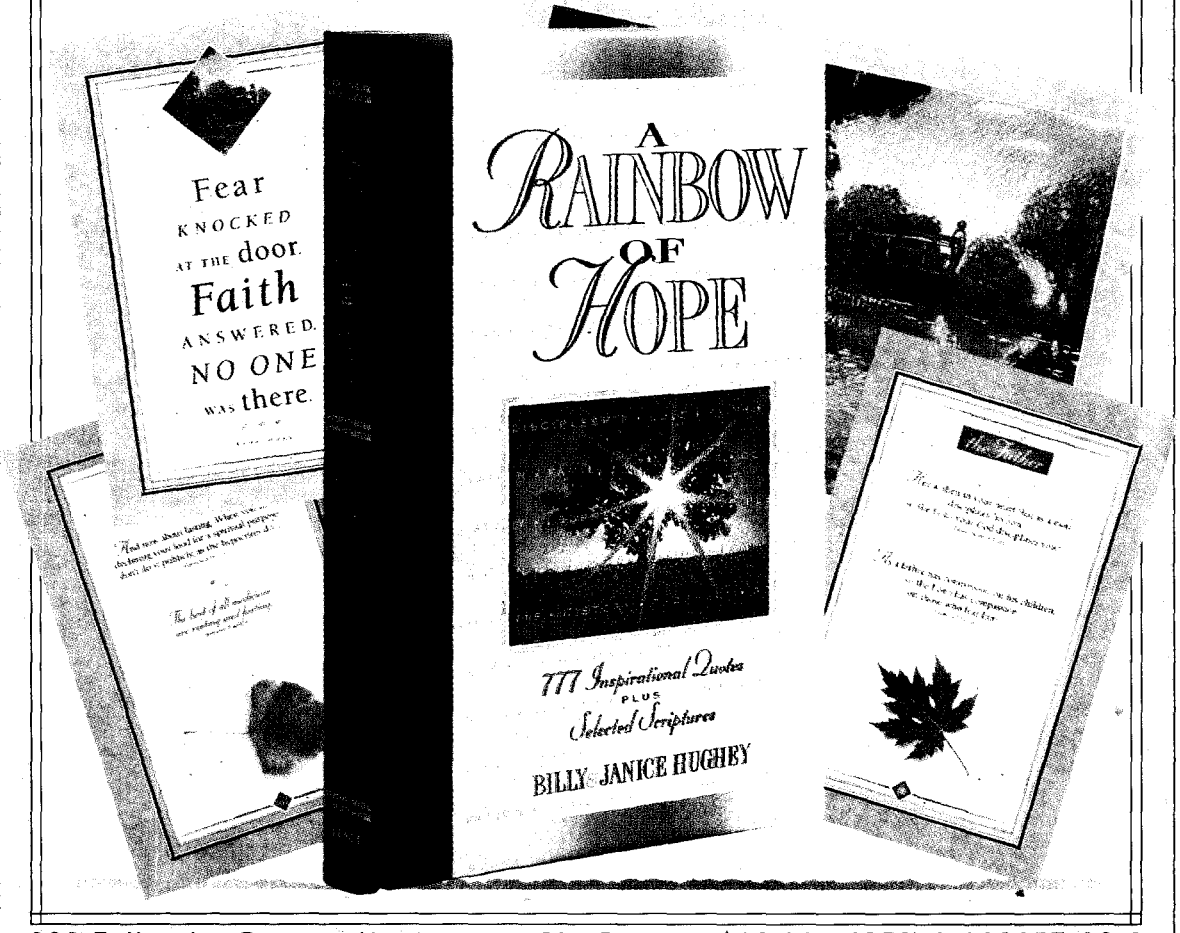
is a gathering of "pleasant words." The major themes of Scripture become 12 colorful searchlights in seeking out 777 gems among the sayings of man as well as illuminating key scriptures from God's Word.

A RAINBOW OF HOPE

will inspire, illuminate, educate, motivate, equip and encourage—and the list goes on.

A RAINBOW OF HOPE

is truly a treasure book for keeping and giving.



336 Full-color Pages • Hardcover • Gift Boxed • $19.95 • ISBN 0-933657-26-9

Rainbow Studies, Inc. *Available where fine books are sold*

For more information: 1-800-Bible-4-U, 1-800-242-5348

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Shadowlands. It provided the historic meeting place where Lewis met his future bride, Gresham. Built in 1864, its neo-gothic architecture is teeming with artistic archways, sophisticated decorations, and more than 250 elegant, English-style rooms. For those wishing to emulate the first Lewis-Gresham encounter, the famous Tea Room offers comfortable sofas and traditional English cream teas and scones in a relaxed atmosphere.

But the Inklings' trail didn't lead only to tea and beer; they were famous for wandering in and out of Oxford bookstores. So lest your time in tearooms and pubs leaves you a bit too cozy, a browse through local antique bookstores should arouse your literary taste buds.

Titles, located a half mile from the Randolph Hotel on Turl Street, offers old, rare, and second-hand books plus delightful conversation courtesy of owners Gilhair and Ralph Stone. Their shop provides everything from natural history texts to Lewis biographies. The Stones are quick to point out local landmarks of literary history otherwise missed by typical tourists. They will even provide a map to other Oxford antiquarian and second-hand book shops, including a few which, according to Ralph, Lewis himself most likely frequented. Such stops include B.H. Blackwells on Broad Street, Sanders of Oxford on High Street, and Alfred Maltby & Sons on Saint Michael's Street. Each provides unique opportunities to rummage through some of England's greatest titles. And for a more modern bookstore, a four-story Dillon's located on Broad Street offers contemporary prints, including several from the Inklings' authors.

If browsing through bookstores makes you thirsty again, the Turf Tavern within walking distance of Titles is the perfect little oasis of local charm. Foundations of the tavern date from at least the 13th century, and visitors are required to walk through cobblestone passageways to reach the pub. Another of Thomas Hardy's haunts, the Turf pops up in *Jude the Obscure* where he describes the Inn as "the low-ceilinged tavern up a court" where the unfortunate Jude courted Arabella the barmaid. Hardy goes on to depict the inn's company as "a red-faced auctioneer, two stonemasons, some horsey men in the know of betting circles, a traveling actor, and two gownless undergraduates who had come to see the racing tipsters." The Turf continues to draw a colorful throng of characters and serves them traditional meals and ales.

A trip through Oxford's literary haunts would not be complete, however, without catching either a double decker bus or a black cab to the Kilns, the quaint, two-story home where Lewis, Warnie, and eventually Gresham lived. Renovation on this cottage-style Oxford home began two years ago by the California-based academic group, the C.S. Lewis Foundation, which acquired the property and

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by February 18, 1995.

The winner of the Jan./Feb. 1995 contest will be announced in the May/June 1995 issue.

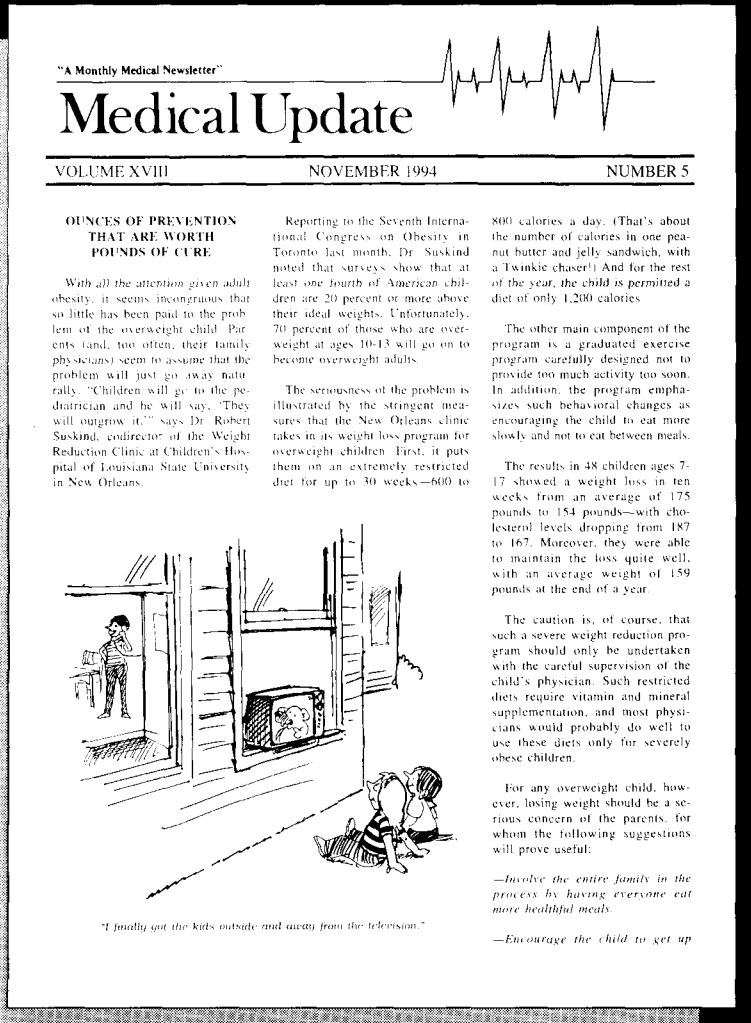
Our congratulations and a check for $100 go to Merlene Hill of Downey, California, for the winning entry in our Sept./Oct. 1994 caption contest.

On Halloween, kids must be wary
Of goblins and monsters all hairy,
Of witches and ghosts
And dogs tied to posts—
But grownups are even more scary!

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Want clear, understandable information about your health?

Subscribe to Medical Update Newsletter



"A Monthly Medical Newsletter"

Medical Update

VOLUME XVIII NOVEMBER 1994 NUMBER 5

OUNCES OF PREVENTION THAT ARE WORTH POUNDS OF CURE

With all the attention given adult obesity, it seems incongruous that so little has been paid to the problem of the overweight child. Parents (and, too often, their family physicians) seem to assume that the problem will just go away naturally. "Children will go to the pediatrician and he will say, 'They will outgrow it,'" says Dr. Robert Suskind, codirector of the Weight Reduction Clinic at Children's Hospital of Louisiana State University in New Orleans.

Reporting to the Seventh International Congress on Obesity in Toronto last month, Dr. Suskind noted that surveys show that at least one fourth of American children are 20 percent or more above their ideal weights. Unfortunately, 70 percent of those who are overweight at ages 10-13 will go on to become overweight adults.

The seriousness of the problem is illustrated by the stringent measures that the New Orleans clinic takes in its weight loss program for overweight children. First, it puts them on an extremely restricted diet for up to 30 weeks—600 to 800 calories a day. (That's about the number of calories in one peanut butter and jelly sandwich, with a Twinkie chaser!) And for the rest of the year, the child is permitted a diet of only 1,200 calories.

The other main component of the program is a graduated exercise program carefully designed not to provide too much activity too soon. In addition, the program emphasizes such behavioral changes as encouraging the child to eat more slowly and not to eat between meals.

The results in 48 children ages 7-17 showed a weight loss in ten weeks from an average of 175 pounds to 154 pounds—with cholesterol levels dropping from 187 to 167. Moreover, they were able to maintain the loss quite well, with an average weight of 159 pounds at the end of a year.

The caution is, of course, that such a severe weight reduction program should only be undertaken with the careful supervision of the child's physician. Such restricted diets require vitamin and mineral supplementation, and most physicians would probably do well to use these diets only for severely obese children.

For any overweight child, however, losing weight should be a serious concern of the parents, for whom the following suggestions will prove useful:

—Involve the entire family in the process by having everyone eat more healthful meals.

—Encourage the child to get up

"I finally got the kids outside and away from the television."

Plain & Simple

In an age where developments of the medical world blur past even the most concerned person, *Medical Update* puts it all into sharp focus.

We take the confusing and make it understandable. No complicated medical terminology. No double-talk. *Medical Update* brings the medical world to you in plain, simple English.

Our medical writers glean only the most useful items of information from the myriad of medical journals and deliver them to your front door.

Partners in Health

As a monthly newsletter, *Medical Update* will "update" you on the latest in health care advice, preventive medicine, nutrition and better health habits. *Medical Update* covers it all!

Things like . . .

Exercise tips, how your body functions, recipes for healthy eating, health cartoons, preventive health tips, doctors and hospitals—what to watch out for...and much, much more!

FREE Special Offer!

With your paid subscription to *Medical Update* we'll send you *Ask Dr.Cory,* authored by Dr. Cory SerVaas, editor of *The Saturday Evening Post. Ask Dr.Cory* is an invaluable reference guide, covering every facet of family health and happiness. Dr. SerVaas answers questions you never knew existed! So order your *Medical Update* subscription today!

Medical Education and Research Foundation
P.O. Box 7133, Red Oak, IA 51591-0133

Please enter my subscription to ***Medical Update*** and, upon receipt of my payment, send me the *Ask Dr. Cory* book..

❑ 2 years—$19.95 (***Save 33%***)* ❑ 1 year—$11.95 (***Save 20%***)*

❑ Payment enclosed ❑ Bill me ❑ VISA ❑ MasterCard

Card No. _____ Exp. Date _____

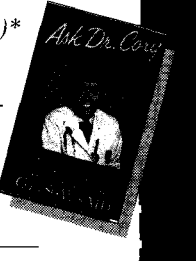
Signature _____

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

JPJ5



*Off the normal 1 year (12 issue) price of $15.00

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

began a three-phase restoration. Finishing touches are expected next summer. Sitting just 50 yards from the beautiful woods of the Shotover Country Park, Kilns has been converted into a living museum and Christian retreat center for students, scholars, and artists interested in short-term study residencies. Lewis' stepson, Douglas Gresham, has joined the renovation process, helping volunteers restore the home to its original state. The house that workers say "was built with books and held together by cobwebs" has ten fireplaces, a beautiful garden, and (of course) large wardrobes in several rooms.

Culture buffs traveling to the Shadowland also can catch a walking tour through Magdalen College where Lewis taught, visit Europe's oldest original Holywell Music Room for "coffee concerts," or take in a theatre performance at any time of the year. For many contemporary Inklings, though, the best option while visiting Oxford remains clear: sitting with comrades around a wooden table, ale in hand, and talking of hobbits and lions and God. ▲

Unwelcome Tourists

continued from page 71

to Mr. Hollis. Andrew was lying on the bed, wishing he had said nothing about the bracelet or Pete's conduct in the market, and trying to forget the unpleasantness his remarks had precipitated. He had said too much or too little—he was not sure which. In any case, he had waited too long before speaking at all. Following the proprietor downstairs, he found the man with the bent shoulders waiting at the desk.

"I have come to ask a favor, *señor*. My son, Miguel, has told his teacher about you—how you, too, are a teacher. Señor Ruiz is so very anxious to meet you."

"I should like to meet him," Andrew said.

"This evening he will be at my house. If you would honor us with a visit, you and your family——"

"My children are not much interested in school affairs, I'm afraid." Andrew's smile was apologetic. "But for my wife and myself I accept with thanks."

"Then we shall expect you about eight, *señor*, for dinner."

Climbing the stairs, Andrew wondered if he had taken too much for granted in accepting for Edna. These family upsets always distressed her so. "You don't have to go, of course, but I hope you will," he told her. "This Ruiz must be a remarkable fellow."

"What about the children?" she asked.

Pete emphatically wagged his head. "Count us out. We'll eat here and take in the movie."

Miguel's mother must have spent hours at her stove. The table in the little whitewashed room was heaped high with Mexican dishes of which Andrew could not even guess the names.

The furniture maker with the invisible weight on his shoulders had become the most gracious of hosts. His wife was a charming and attractive lady with just a hint of anxiety in her smile. Little Miguel, dressed as for church, was bright-eyed with excitement.

There were polite introductions, and Andrew shook the hand of a man about his own age, but taller, and matchstick thin. It gave him a start. He had expected the schoolteacher in a town this size to be someone younger, working up—not a man whose career was already at or past its peak. "My compliments on your course in English," he said. "If Miguel is an example of what you accomplish——"

"I have no course in English, *señor*."

"But Miguel——"

"He and a few others come to my house for a half hour every evening. That is all."

Andrew thought of his own nightly efforts to induce his children to do their homework. He shook his head in wonderment.

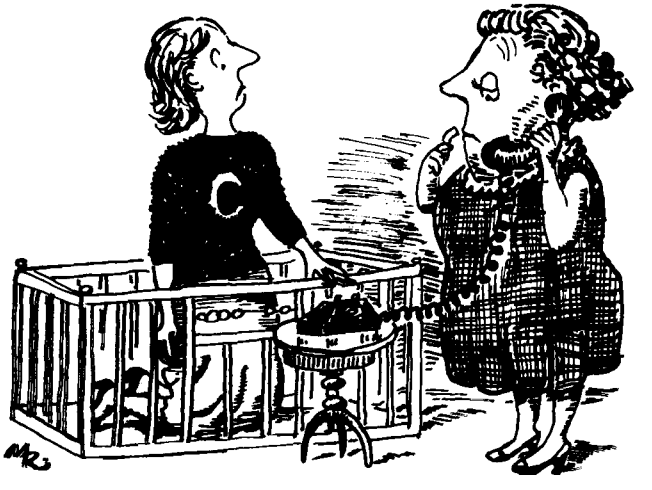
The dinner was a leisurely affair, with enough of the conversation in English so that Edna was not left out of it. Andrew felt a warmth creeping through him that had nothing to do with the food. Wondering if his wife, too, might be experiencing it, he sought to catch her eye. When he did, she smiled.

"This is the nicest thing that has happened to us in Mexico," she said to Ruiz.

The schoolteacher repeated the compliment to Miguel's parents in Spanish. They beamed. Andrew was content.

They talked of school and furniture making. Of Miguel's plans to become a teacher. Of Mexican cooking. "Let me have your pen, Andrew," Edna said, and with little Miguel translating, wrote down some of Señora Ochoa's recipes and gave the Mexican woman some of her own, while the men looked on in amusement. All too soon the meal was finished.

"We should have coffee in the courtyard," Miguel's mother said. "It is more pleasant there."



The Perfect Squelch

Marilyn, who never had visited in the West, was more than outmatched in this respect by her mother, who had never even let her thoughts wander west of the Hudson. So when a college friend from the Rocky Mountains area invited Marilyn out for the holidays, her mother developed no small amount of reservation. She worried over travel conditions, blizzards, and avalanches and acted in general as if her darling daughter were about to brave an untamed frontier.

The college friend and her parents, in long-distance calls, tried to calm the mother's fears. With every cause for concern eliminated, however, the mother still balked.

Finally, the chum's mother said, "If it is hostile Indians you're worried about, let me reassure you—we live inside the fort."

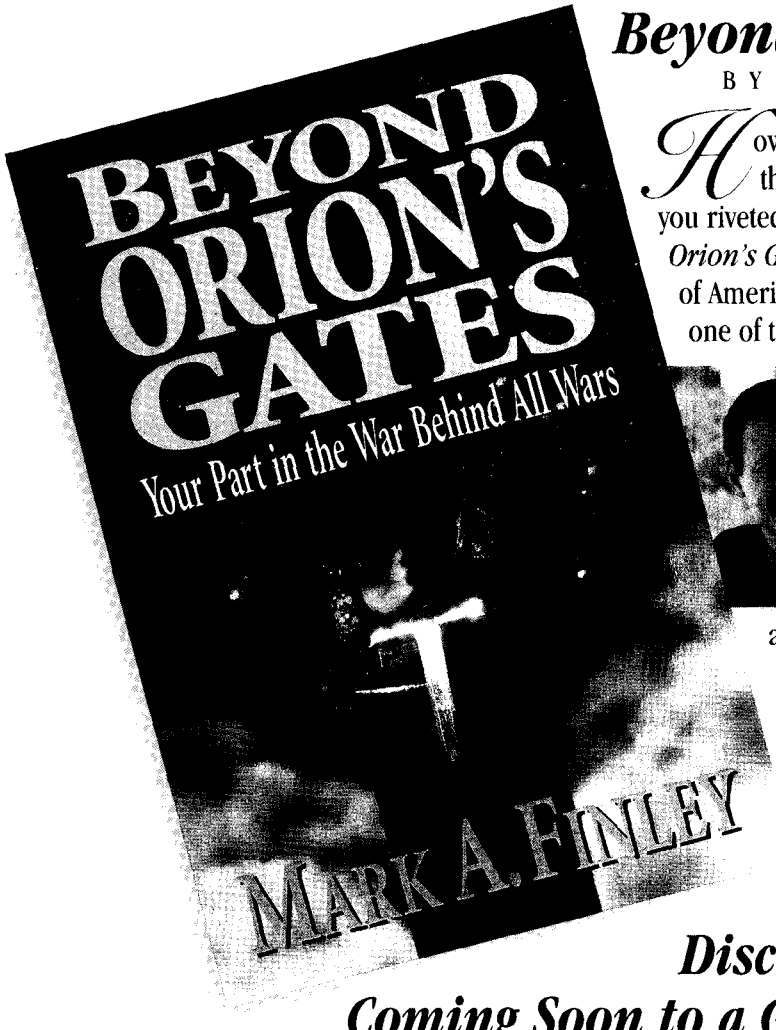
—Ann Brown

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

WHAT ON EARTH WILL HAPPEN NEXT?

"It Is Written" Television—America's Nationwide Inspirational Telecast

P R E S E N T S



Beyond Orion's Gates

BY MARK A. FINLEY

How long has it been since you read a book that sent your adrenalin surging and kept you riveted to your chair till you finished it? *Beyond Orion's Gates* is an explosive new book from one of America's most aggressive young publishers—one of those watershed books that immediately and profoundly changes anyone who reads it.

You will be stunned, moved, electrified as you learn here of a series of events about to occur that even our national media and political leaders know nothing about—events that will radically and fundamentally change the world we live in.

Millions will soon be discussing the new information exposed in *Beyond Orion's Gates*. Don't be among those left in the dark! Call toll-free 1-800-487-4278 now to have your personal copy rushed to you!

(352 pages, hardback, $19.95, HART Books)

Discoveries in Prophecy
Coming Soon to a Giant Screen Near You!

Don't miss this series of dramatic live presentations—beamed coast-to-coast via satellite—by Mark Finley, the speaker of the award-winning international telecast "It Is Written." Mark Finley is also the author of *Beyond Orion's Gates*.

Live from the Chattanooga Convention and Trade Center in Tennessee, Mark's televised seminar will air each evening **beginning Saturday, February 18 and continuing through March 25.** For information on the location of the giant-screen satellite seminar nearest you, more information on the "It Is Written" telecast, or to order you copy of *Beyond Orion's Gates*...

Call 1-800-487-4278 toll-free

★★ Tell the operator whether you want to order the book—or to find out more about the satellite seminar.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Andrew helped carry out the chairs. Ochoa produced an unopened bottle of brandy.

"I thought your national drink was tequila," Andrew said.

Pleased, the furniture maker brought out a half-full bottle of tequila. The men touched glasses, bowed to the women and drank. The liquor burned slowly in Andrew's stomach and completed his sense of well being.

Perhaps it was the liquor, more likely the evening as a whole, but when he saw Janet and Pete come into the courtyard he was not apprehensive. He rose to introduce them, proud that he could present such a lovely young woman as his daughter and such a handsome young man as his son. The movie was over, they said. They had glanced into the courtyard on their way back to the hotel and seen the little group sitting outside No. 5. They hoped they were not intruding.

Ruiz, the schoolteacher, drew them into the conversation with questions about the movie. Suddenly Jan leaned forward.

"That pin you are wearing, Mrs. Ochoa; I've never seen one like it."

Ruiz translated for the woman's benefit. She removed the silver pin from her dress and passed it to the girl. A small bell of warning rang in Andrew's brain.

"It's so different," Jan said.

"The design is Aztec," Ruiz explained. "It has been in Señora Ochoa's family a long time."

Jan studied the pin. The schoolteacher talked to Andrew—a joke some of his pupils had played on him once. Andrew missed the joke. The warning bell rang louder as he watched his daughter's face.

He heard Ochoa tell young Miguel to bring more coffee, and Miguel, talking to Pete, got up at once to obey. Pete rose and followed the boy into the house. Then Jan leaned forward to return the pin, and Andrew felt the tension go out of him. His moist hands lost their stiffness. He glanced at Edna. She seemed not to have noticed.

Relaxed again, he welcomed the slow return of the warm glow inside him. Miguel came with the coffee and poured it.

The schoolteacher, frowning, said, "Do you know it is past your bedtime, young fellow?"

"Tonight is special," Miguel retorted with a grin.

"Perhaps. But I think your father has forgotten what time it is."

Miguel made a face to go with his grin, and passed on with the coffeepot. "A good boy," Ruiz said to Andrew, "but no different from the rest. Give them an inch——"

Jan was standing beside him. "Mr. Ruiz," she interrupted.

"——and they take a yard," the thin man finished deliberately. He smiled up at her. "Yes, Miss Hollis?"

"Will you do me a great favor, please? I want to talk to Mrs. Ochoa about her pin."

Andrew felt his hands go rigid again.

"Of course," Ruiz said, his gaze still on her face. "What is it you wish to know?"

"If she will sell it to me."

"Jan!" Andrew found himself on his feet, his whole body shaking.

"But, Daddy, I can borrow the money from mother. And it's the chance of a lifetime to get a real Aztec——"

"Sit down," Andrew said. The sound of his own voice startled him. It was like sandpaper.

"But, Daddy, I'm sure she'd sell it to me. . . . Wouldn't she, Mr. Ruiz?"

The thin man turned his head slowly to glance at Señora Ochoa, who was paying no attention. "She would not sell it. If I inform her you want it, she will give it to you."

"Give it! . . . Daddy, did you hear that?"

"Yes." Andrew had himself under control again, though he suspected his face was the hue of chalk. "But apparently you didn't hear what I said to you. I said 'Sit down!' "

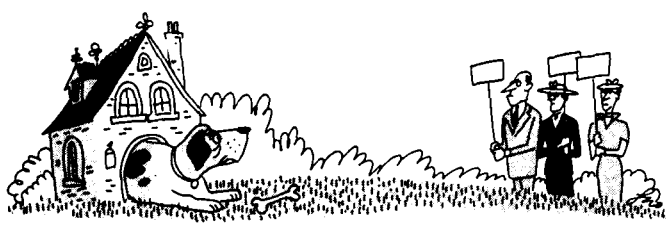
"Oh, Daddy, you're impossible." She flung herself away from him. "I'm going to ask Mother."

"You are going to sit down." His hand closed on her arm and forced her to her chair. With his back to the others, he could not know whether they were aware of what was happening or not, nor did he care. Standing over his daughter, he looked into her startled face and said, "You are not to ask Señora Ochoa for her pin. Is that understood?" Then he saw Pete.

He had not noticed the boy's departure from the courtyard, but obviously Pete had slipped out and gone to the hotel. He was burdened now with photographic paraphernalia. Andrew blocked his way as he headed for the door of No. 5.

"Where are you going with that?"

Pete could not hide a fleeting expression of guilt. "Why, just to take some pictures inside the house, Dad. Miguel said it was O.K."



You Be the Judge

by William Donaldson

In erecting their super ranch house at exclusive Kismet Acres, the Van Pesters carefully complied with the building requirements of the Kismet Development Association. But when they moved in, they realized that they had no place for Homer, their enormous St. Bernard dog. So they had the contractor build Homer a handsome doghouse of leftover bricks. It measured seven by five by five feet, and even had a miniature chimney. Officials of the Kismet Development Association promptly protested the "eyesore." When the Van Pesters refused to pull it down, the association went to court.

"The building rules say no structure may be put up without our consent, and that fancy doghouse was certainly built without our consent," the officials said. "So we are entitled to a court order for its removal."

"What is home without a dog?" the Van Pesters countered. "The rules obviously apply to residences and garages. It is ridiculous to try to stretch them to include a doghouse. Kindly leave Homer's house undisturbed."

If you were the judge, would you let Homer continue to live in his dog mansion?

Homer and his owners lost. The court said that while a small portable doghouse would not be covered by the rules, Homer's mansion was of such permanent and substantial "size and construction" that the rules applied to it.

Based upon a 1946 New York decision

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Kill Foot Pain Dead!

Total Relief Guaranteed. Prove It Yourself Risk Free.

Don't blame foot pain on your shoes! Most foot pain comes from misalignment of the bones in your feet, the result of such things as advancing age, lack of exercise or simply by spending long hours on your feet.

Foot pain begins when your foot's balance and natural elasticity is gone. Corns, calluses, bunions, even hammertoes can develop, as well as toe cramps, fallen arches, burning skin, tender blisters, flaking and chafing. Ankle, leg, knee, hip, even lower back pain can result from improper foot alignment. And when your feet hurt, you hurt all over.

Custom Formed–Feathersprings end foot pain ...once and for all.

Now! There's an easy way to kill foot pain dead–

and without paying a fortune for specially made shoes, orthopedic devices, or going through questionable or unnecessary surgery. Flexible Featherspring® Foot Supports are a remarkable discovery from Europe developed to end foot pain.

Featherspring Foot Supports are unlike anything you have ever tried. First, they are *custom-formed* for your feet and your feet only! Secondly, they help restore and maintain the elastic support you had when you were younger. They actually help realign your feet, while absorbing shock and relieving pain.

For over 40 years, Featherstrings have brought blessed relief to more than 3,000,000 foot pain sufferers worldwide. No other foot support has *ever* given so much relief to so many people.

Whatever your problem—corns, calluses, bunions, pain in the balls of your feet, toe cramps, fallen arches or just general sore aching feet—Featherstrings are guaranteed to end your foot pain or you risk nothing. Prove it to yourself. That's not just a promise. It's our guarantee.

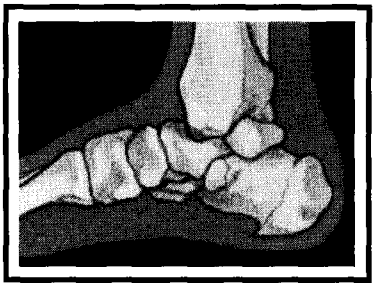
It doesn't matter whether you are a woman or man, whether your feet are size 4 or 14, what width your foot is, how low or high your arches are, how old you are or how long you've had foot pain...we know Featherstrings will work for you. You'll be able to stand all day, walk, dance, jog or even run in total comfort. Your feet, ankles, legs, knees, hips, even your back--will feel totally rejuvenated. What's more, you can "flex" your feet in any direction, giving you full and total movement. Up, down; right, left; why you can even wiggle your toes in total comfort.

Guaranteed To Kill Your Foot Pain Dead! We'll Prove It To You Risk-Free!

If you are bothered by aches and pains of the feet, legs, or lower back, we state without reservation that Featherstrings will bring you relief or *you risk nothing*. That's the Featherspring ironclad guarantee.

Send today for FREE Fact Kit.

Don't suffer needlessly for another day. Get all the facts about Flexible Featherspring Foot Supports FREE. Without obligation. Cut out and mail in the coupon below TODAY for FREE information, including details of our risk-free money back guarantee. Don't put it off. Take the first step now to ending your foot pain! Mail this coupon today!



© Featherspring International
712 N. 34th Street, Seattle, WA 98103-8881

FREE! SEND NO MONEY

FEATHERSPRING INTERNATIONAL, INC.
712 N. 34th Street, Dept. SE-015 • Seattle, WA 98103-8881

YES! *I want to end my foot pain. Please rush, at no risk, the* **FREE FACT KIT** *that tells me all about Flexible Featherspring Foot Supports. I understand there is no obligation and no salesperson will call.* ***I will look for a LARGE PINK ENVELOPE containing all the details.***

Print Name _____

Address _____

City _____ State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"It is not O.K. The boy was only being polite."

"But, Dad, I need some shots of real Mexican life for the contest! This is the very sort of thing——"

"Take your camera back to the hotel." Andrew sensed a movement behind him and saw an expression of relief leap onto Pete's puzzled face. He turned to find Edna at his side.

"What is it?" his wife asked anxiously. "Andrew, what's the trouble?"

"There is no trouble."

"But what——"

"Good grief, Mom!" Pete complained. "All I want is to take a few pictures!"

"I've told you what to do," Andrew said. "Go back to the hotel. Take your sister with you." He put a hand on his wife's arm. "Come away, Edna. This is important to all of us. Don't interfere."

He saw the familiar look of distress leap to his wife's face, but when he turned her away and led her back to the group, she yielded without protest. They sat down. Seemingly oblivious of the others, she fixed him with a curious stare that puzzled him. He had expected her to be angry, and she was not. The look was not even one of pleading. She seemed awed.

The silence was a bit awkward for a moment. Then the man with the bent shoulders leaned from his chair to refill the tequila glasses, and his glance fell, seemingly by accident, on young Miguel. He straightened with a scowl.

"Oho! It's past your bedtime, isn't it?" he said. "Off with you now!"

"But, Papa, this is a special occasion——"

"To bed!" Ochoa thundered.

Miguel, pouting, shook hands and said good night. With dragging feet, he departed. His father watched with a frown until he was gone, then smiled.

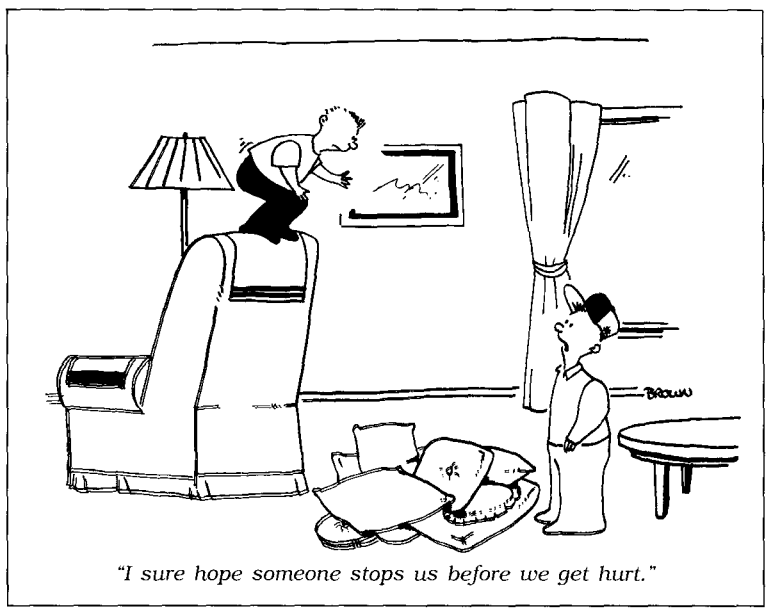
"They need a firm hand, all of them," Ochoa said.

Ruiz, the schoolteacher, gravely nodded. "It is our job to teach them."

They looked at Andrew and smiled, and their smiles were like the tequila, warming him. He felt his tension slip away. They understood. They approved. This father and this teacher who, each in his own role, had done such a fine job with Miguel—they accepted him as an equal.

He glanced at his wife. Her smile was warm and her hand found his and squeezed it, as though this moment was something she had secretly hoped for—with dread, perhaps, because habit was such a relentless thing, but with longing too. Ruiz, the schoolteacher, was already talking of something else.

But it was not over. Turning to make sure his children had obeyed him, Andrew saw them coming toward him, and the tightness gripped his stomach again. If they were determined to defy him——



"I sure hope someone stops us before we get hurt."

In a kind of daze he heard them thanking the Ochoas for their kindness and saying good night just as though, a moment ago, he had not denied them the things they thought they wanted most in the whole world. He saw his daughter tenderly kiss her mother good night and heard his son saying, with a new kind of warmth and respect, "See you in the morning, Dad. O.K.?"

"O.K.," he said.

For the first time in years, Andrew Hollis looked forward eagerly to tomorrow. ▲

Country Living

continued from page 53

ing expense of installing a jet pump at the bottom of the well to force water to the surface. And what good is running water if you don't have something to run it to? Like a hot-water heater, a holding tank, a hydrant, and stuff like that? My motion that we run the water into the mounted oil drum never came to a vote. Instead, by a vote of one to one, we added a bathroom to this . . . this *house*.

And as long as we were adding on, why not add on enough to accommodate a sewing room and two closets for her, one for him? And while we were at it, how about making the concrete slab large enough for a patio—with a love seat, in case we were still on speaking terms by the time this outgo had stopped going out?

The front porch, where once we fed our little feathered friends, has now been enclosed with 12 windows at $68 per window. Upon which our little feathered friends are beginning to bash their little feathered brains out because of a lack of warning strips.

The root cellar that once served as a wading pool after a heavy rain is now emptied automatically by means of a sump pump, thanks to the one of us having the shorter legs. And those dirt walls were so—so *dirty*. Why not have old hubby risk a second hernia by hauling up rocks from the creek bed and cementing them in place for a wall "that will last and last"? (Longer than old hubby will last, that's for sure. By now, I know every one of those rocks by name. And the names I call them, you wouldn't want to know.)

Today, my duties having been reduced to no more than mowing two acres of what we stubbornly claim as a lawn on a grade of 30 degrees, and digging out elm tree stumps occupying the exact spot that my dear wife has chosen for her rock garden (with guess-who furnishing the rocks), she has hit upon what she considers to be the greatest idea since Sir Isaac Newton got beaned by a Red Delicious.

Our daughter, Shari, and grandson, Kris, having moved from Sweet Owen County to hot and humid Columbia, South Carolina, why not sell our view (remember our view?) and move on down? Not in the city, especially. Just a little place where we can continue to enjoy country living. ▲

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Promise of Antioxidants

continued from page 51

even in large doses, and evidence for benefit is persuasive. Exactly the same favorable risk-benefit ratio argument applies to iron depletion. Iron depletion, defined as the absence of stored iron without anemia, is inherently benign. Iron in storage is literally excess iron, that is, iron in excess of that needed for normal physiological function. Many women remain iron-depleted for decades, yet still manage to outlive men! The evidence for powerful antioxidant effects of iron depletion in vivo is growing. Such antioxidant effects also make sense in terms of the rapidly growing body of data on the role of iron in oxygen radical-mediated injury. Free radical scientists need to be more aware that naturally occurring variations in iron status may explain some otherwise puzzling epidemiologic phenomena, such as the sex difference in heart disease rates. For people with iron-rich diets and few gastrointestinal parasites to cause chronic iron loss, the main function of stored iron may be to promote oxygen radical-mediated tissue injury.

There is a key difference in anti-free radical strategies based on iron depletion and increased nutritional antioxidants. The dosages advocated for nutritional antioxidants are generally greater than the amounts in typical diets. Boosting nutritional antioxidants to levels beyond those available through normal diets is essentially a pharmacological approach. Iron depletion is a naturally occurring iron status. It may be that so-called iron depletion is the physiologically normal iron status. In the absence of iron supplementation, induced iron depletion and its antioxidant effects can persist for periods of time measured in months. In the absence of stored iron, lower levels of vitamins E and C, such as those obtained from normal diets, may maximize protection against free radical pathology. People in well-fed countries might need far less nutritional antioxidant supplementation if stored iron levels were deliberately kept low.

Use of iron depletion as an antioxidant strategy may be significantly less costly than supplementation with nutritional antioxidants. Taking away a harmful substance that has no physiological function makes better economic sense than requiring daily dosages of medication. Packer is rightly concerned about the antioxidant status of low income groups. For them, iron depletion through periodic blood donation may be a particularly feasible strategy, because the byproducts of the preventive therapy, that is, blood and plasma, have economic value. Substantial increases in antioxidant activity might be achieved through regular blood donation at no cost to the donor.

Packer has done the public a great service in giving his judgment on the important health effects of antioxidants. Some argue that all the evidence is not in; however, scientists have a responsibility to advise the public on the basis of their best judgment. We will never achieve 100 percent agreement, but the public still deserves the best available advice. ▲

Jerome L. Sullivan, M.D., Ph.D.
Veterans Affairs Medical Center
Charleston, South Carolina

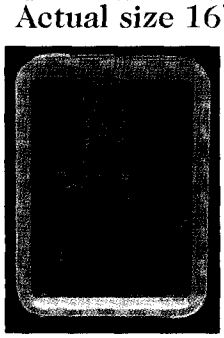
Reprinted from Free Radical Biology & Medicine,
© 1994 Elsevier Science Ltd.

Actual size 16"x12" *8B*

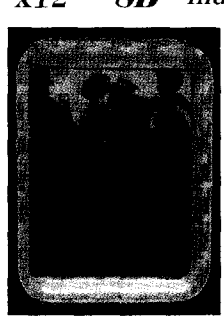
THE SATURDAY EVENING POST COLLECTION OF NORMAN ROCKWELL CLASSICS

Celebrate the 1994 Centennial Anniversary of Norman Rockwell. Available for the first time ever, this delightful selection of Norman Rockwell paintings once captured on the covers of The Saturday Evening Post, now beautifully reproduced in full-color on a series of high quality serving trays. Suitable for any occasion, these unique and durable art pieces are also impact resistant and washable. They're perfect for gifts, displaying and collecting.

Send away today for these Norman Rockwell Classics. With our special introductory offer you can purchase one at a time for $11.95 each, or choose any combination of 2 or more for just $9.95 each plus shipping and handling. Mail the coupon to Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.



6B



7B

9C

© Curtis Publishing Co.
Exclusive Distributor W.T.H. International Trading Co.

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206

❑ **Please send me the Norman Rockwell Classics at the price of only $11.95 ea. or $9.95 ea. for two or more. Please allow 2 weeks for delivery. Each one is UNCONDITIONALLY GUARANTEED to please you or you may return them within 90 days for a prompt refund, including applicable postage and handling.**

How Many?_____8B_____6B_____7B_____9C

Amount_____+$5.00* shipping and handling = Total_____

❑ My check or money order is enclosed. Bill to my ❑ VISA ❑ MasterCard

Card Number_____exp. date____/____

Signature_____

Name_____

Address_____Apt#_____

City_____State____Zip_____

❑ Enclosed is my self addressed, stamped envelope. Please send me a catalog and literature.

*Shipping & Handling is $5.00 for up to 12 art pieces. 195

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Talking with Tony

continued from page 37

liked working, taking a job. But when I started singing, I recall saying very clearly to myself, "I don't care if I ever become famous, I'm just going to sing for the rest of my life as a living."

Post: You've had the opportunity to work with some of the all-time greats: Count Basie, Frank Sinatra, Sammy Davis. Do you see parallels between the old performers and the newer ones?

TB: I see a lot of talent, but there's one big difference. It's like Pearl Bailey told me: "Son, I could start you out, but it's gonna take ten years before you learn how to work on the stage." I didn't understand it then, but ten years later I did. It takes a long time to learn how to relax and perform on the stage. You still get the butterflies and all the elements that go with it, but you know what you're doing. You know when to get off; you know what to leave out and what to put in; you know if you make a mistake never to do it again. All this kind of discipline that comes about. The young people don't have that. It's now all marketing. There's no circuit for them to go from town to town.

George Burns told me that was the difference. I was lucky. I caught the tail end of vaudeville. I was able to go from town to town and really learn my craft. The young people look great on television. They're youthful and have a lot of zip and energy, but when you see them live, they can only do about 20 minutes because they haven't got the training to hold an audience for an hour and a half or so. There's just a few artists bright enough or lucky enough to be a Madonna or Michael Jackson or Bruce Springsteen or Paul McCartney. There's thousands of rock groups that get hot for about a year or two: then all of a sudden, they just drop. There's enough vaudeville houses, the old art deco theaters, that are being refurbished all over the country. They should be put on the circuit and learn the trade before they play the big stadiums. The philosophy now is: in two or three years, we'll make so much money we'll never have to work again. And that's not realistic. To work is to feel alive.

Post: Who are your show-business idols?

TB: My heroes are the late Fred Astaire, Bing Crosby, Maurice Chevalier, and some that are still around, like George Burns, Bob Hope, and the great Johnny Carson. The longer they're around, the more they're appreciated. To this day, George Burns does more business than any artist in Vegas. He's great. The public's not there out of respect. They're going there to be entertained. He gives them belly laughs, not just intellectual nods. He really makes them laugh.

Post: You compared yourself once to Madonna. How come?

TB: I just had that many hit records. I was just that prominent. There was a time when all the bobbysoxers were running after me.

... AND SHE CUT OFF THEIR TAILS WITH A CARVING KNIFE- - - -
AND THEY SAY THERE'S TOO MUCH VIOLENCE ON TV TODAY!
Nursery Rhymes
BRANDIGE

Post: Do any young singers on the scene appeal to you today?

TB: I'll tell you who I like. I like Natalie Cole. I like Michael Feinstein a lot. I like Sting, Phil Collins, Stevie Wonder, Bonnie Raitt. There's a lot of them.

Post: k.d. lang?

TB: I'm just crazy about her. I think she's a phenomenal singer. I'd love to do an album of Bing Crosby songs with her some day.

Post: There seems to be a reemergence of a lot of quality songs. Are we going to have a return to a different style of music, or will it be just an undercurrent?

TB: I think there's room for everybody. I think the advertisers are missing a point. They're going demographically. When I was a young kid, we used to play seven shows a day at the Paramount Theater. The management would insist that we sing songs that everybody liked. Not just the youth group. In the morning, we had the youth or teenagers. In the afternoon, we had the senior citizens. At night, we had the young lovers and married couples. By the end of the day, we played the whole demographic: everybody. It was more sensible because if something hit, the whole audience would buy it, so you had to find songs that everybody liked. Great songs like "You'll Never Walk Alone," "Without a Song," "I'll be Seeing You."

It's hard for anybody to turn down certain songs that really tell a good story. I just kept working that way. I had very good teachers. Sinatra himself told me when I was a young boy, "Don't ever do any cheap songs; just sing the best songs." I never compromised and, by doing that, it made me sustain.

Post: Speaking of Frank Sinatra, a lot of people tend to lump you two in the same category.

TB: Actually, we're two different animals. But we're great friends. He's my best friend not only in the business, but personally. I just love him. That whole genre of singing was really the highest form of American popular singing. Intimate singing had a wonderful style in the '30s and '40s. It came out of Broadway and the jazz of Louis Armstrong and Billie Holliday. But Sinatra created the best romantic era that we've ever had.

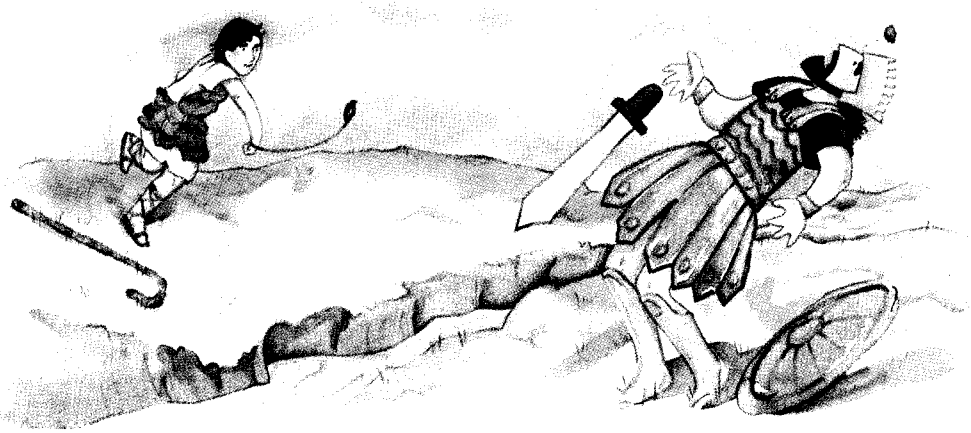
Fred Astaire was another great. No one had better songs to sing. His selection of songs was just so intelligent. You never get tired of them. I just saw "Waltz and Swingtime" yesterday on television. I just sat there. [His dancing] was so syncopated, so ingenious. Young people see that.

Post: And young people today respond to quality no matter what?

TB: This is what I'm trying to bring out. The marketing people don't realize that no matter what they're trying to sell, young people are still looking at Fred Astaire now and saying, "Wow, look at that guy go!" When young people see something good, whether it's a film like *Gentleman's Agreement* with Gregory Peck, *Gone with the Wind*, or Judy Garland in *The Wizard of Oz*. They see that if it's good, it's good. The Ella Fitzgeralds, Art Tatums, Bill Evanses—if you've got something good, no matter what

continued on page 95

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



IT'S A GIANT HIT WITH KIDS.

Get your kids started on a lifetime of Bible reading with Standard's new *Young Reader's Bible.*

Young readers know this Bible is for them because the stories are written in an easy-reader style kids love. From Genesis to Revelation, the *Young Reader's Bible* contains 70 action-packed, colorful stories that kids can read all by themselves!

Plus it comes specially prepared with added features that are easy to use and understand, including:

- Bible lands maps
- Illustrated Bible "who's who"
- Bible time line
- Beautiful, full-color illustrations
- Large, easy-to-read type suited for 5-8 year olds

Now available, just a stone's throw away, at your local Christian bookstore. Or order today by calling toll free, **1-800-543-1353.**

S

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MEDICAL MAILBOX

by Cory SerVaas M.D.

"You can count the seeds in an apple, but you can't count the apples in a seed."—*Dr. Robert Schuller*

Aloe Vera: Centuries-Old Treatment

Dear Dr. SerVaas:

I have several aloe vera plants in pots at home and always had the impression that aloe juice could be beneficial to the human skin when applied to minor burns or scratches. But now I have been told by a doctor and a nurse that aloe juice is not only useless but even hazardous to human health. Would you discuss, please, any possible human benefit, or health hazard, in the use of aloe juice?

Joseph Haefner
Northlake, Illinois

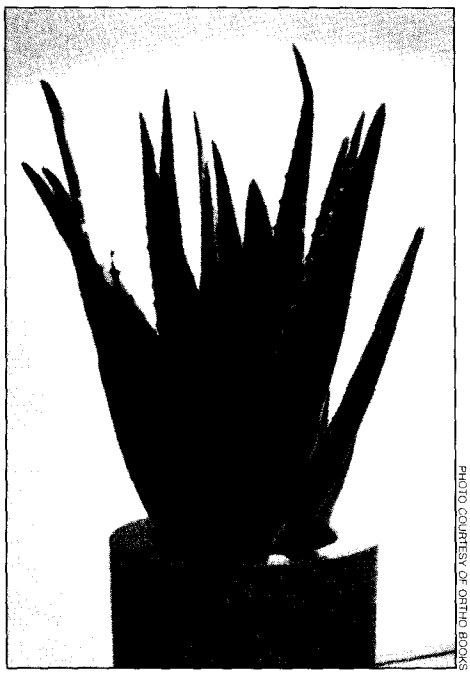


PHOTO COURTESY OF ORTHO BOOKS

"The evidence to date does not indicate that the topical use of aloe vera is dangerous."—Dr. C. William Hanke.

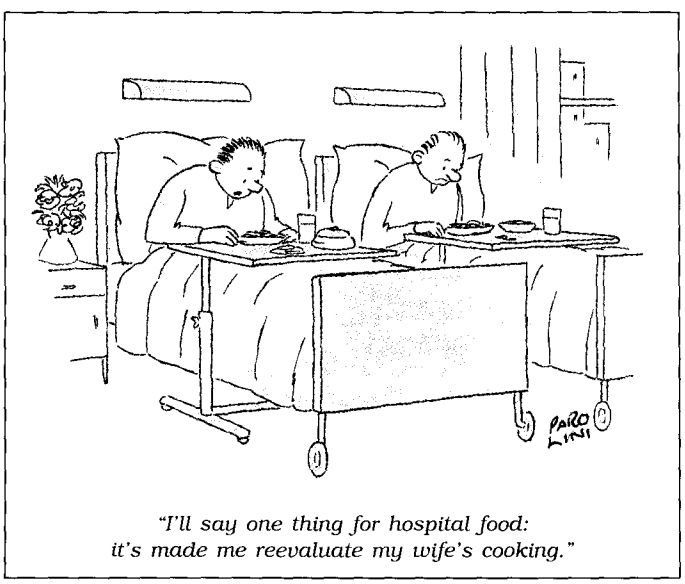
We sent your letter to Dr. C. William Hanke, professor of dermatology at the Indiana University Medical Center for his opinion. His response follows:

"The medical literature provides conflicting information on the benefits of topical aloe vera. Aloe vera does contain a number of pharmacologically active agents, including a carboxypeptidase (which may decrease the pain resulting from inflammation), salicylates (which are both pain relieving and anti-inflammatory), and a thromboxane inhibitor (which can aid circulation and decrease tissue loss). Scientific studies suggest that aloe vera has antifungal and antibacterial effects. Aloe vera has been reported to be helpful in treating radiation ulcers, stasis leg ulcers, burns, and frostbite injuries. The effects of aloe vera need to be substantiated by well-designed, well-controlled clinical studies. The evidence to date does not indicate that topical use of aloe vera is dangerous."

We *can* tell you aloe products have been used in medicine for at least 18 centuries. The Greek physician Discordes wrote that aloe was useful in treating wounds, skin infections, chapping, hair loss, and hemorrhoids. Products containing aloe are widely used in the United States, both for internal and external use. They have been described as having cleansing, antiseptic, anti-itching, and moisturizing properties. Internal uses vary from the treatment of colds to the treatment of constipation; external use has been primarily for the treatment of minor burns and for skin conditioning. Of the more than 300 known aloe species, only a few are currently being used by the pharmaceutical and cosmetic industries. Aloe vera, also known as *Aloe barbadensis*, is among the most commonly used.

There has been considerable debate whether aloe retains its activity during commercial processing and storage. Commercial processors claim this stability problem has been overcome, and a "stabilized" product is in a wide variety of products, including juices, gels, ointments, creams, lotions, and shampoos. However, a scientific study in 1981 concluded the stabilized commercial product did not promote the growth of normal human skin cells in an artificial culture. In fact, it proved harmful to such cultured cells. Perhaps this is the information the doctor and nurse you spoke with were referring to. This same study did find that fresh fluid from aloe leaves promoted the growth of skin cells and enhanced healing in an artificial culture. Another problem complicating the study of aloe is that the chemical composition—and therefore the effect—of the plant varies with species, climate, and growing conditions.

Despite the inconsistent results by modern researchers, a vast body of folk literature promoting the wound-healing properties of aloe cannot be denied. Many people keep a potted aloe plant by a kitchen window so that a leaf can be cut off and the fresh juice applied to minor burns. We are not aware that the safety of this practice has ever been questioned. It is an inexpensive treatment, and by using fresh juice, there need be no concern with the stability issue. As stated by Dr. Hanke, current evidence does not indicate that topical use of aloe vera is dangerous.



"I'll say one thing for hospital food: it's made me reevaluate my wife's cooking."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Post-Polio Syndrome

Dear Dr. SerVaas:

"Medical Mailbox" is my favorite section of the *SatEvePost*. Your extensive articles on IBD came at an opportune time, as our 18-year-old grandson had severe problems during his senior year of high school.

I don't recall any information about Post Polio Syndrome appearing in your magazine. It is a very real problem that is now being studied; however, we polio survivors are in a unique unenviable position—30 years from now, we'll probably all be gone, so research money is hard to obtain.

I had polio in 1923, tried to live a fairly normal life; extreme fatigue started in the mid-1940s, followed by other problems. I am able to walk with a cane and a short leg brace. I would be more than happy to discuss this and share other information I have.

Maxine A. Steele
Sutherland, Iowa

Thank you for your letter and the enclosed research material on the subject of post-polio syndrome.

Approximately two out of five, or 40 percent, of polio survivors from the 1940s and 1950s have begun experiencing post-polio syndrome. It is very real, and symptoms will vary from person to person.

We urge all post-polio syndrome sufferers to write to you, and we thank you for your willingness to help others cope with this perplexing aftermath. We're sure they will benefit from your wealth of research material.

Attacking the Gas

Dear Dr. SerVaas:

I wrote the letter in the latest *Saturday Evening Post* concerning my problem with flatulence and odor.

I've just returned from the Mayo Clinic in Rochester, Minnesota, where I had colon and procto exams.

These exams were absolutely painless; unbelievable when compared to the same tests several years ago. Sweet medical progress!

The exams and x-rays showed that I do have diverticula of the colon and hemorrhoids, but nothing else to explain the oversupply of gas and odor.

I have recently solved a nagging constipation problem by eating unprocessed (Millers brand) wheat bran. I eat one heaping tablespoon mixed in orange juice or skim milk two or three times daily. It can be added to other foods, very good in baked foods.

I now "go" every day with no laxatives, no hard stools, no straining. Worth its weight in gold!

I thank you, Dr. SerVaas, and the great *Saturday Evening Post* for your help.

Your readers do contribute a lot, too.

Name and hometown withheld

Dear Dr. SerVaas:

The "Medical Mailbox" in the Nov./Dec. '94 issue included a letter from a person troubled by flatulence. I don't have a college degree on the subject, but the following observations might benefit that person.

While gold mining in the mountains, we had two springs from which to get water. We found that water from one caused flatulence but the other didn't. A medical doctor who came to those mountains said that a strain of bacteria probably was the culprit in the offending spring. A person might try different water as an experiment.

As a correspondent for several newspapers, I've become familiar with municipal water systems. From time to time there are outbreaks of total coliform bacteria in the water. Though that test is extremely sensitive—and can test positive even if dangerous fecal coliform bacteria are not present—it indicates that bacteria can develop in city water lines. In one case, bacteria developed in a resident's water at the end of a city line because there was no loop in that line to insure water circulation at all times.

Unlike beans, which seem to create intestinal gas in everyone, some foods cause gas in some but not in others. One must experiment to recognize the culprits. I've found that chewing several papaya enzyme tablets with otherwise troublesome food neutralizes the gas problem.

The "Medical Mailbox" writer also spoke of a tendency toward constipation. Eugene Rawls and Eve Diskin in their book, *Yoga for Beauty and Health*, prescribe abdominal contraction exercises to relieve constipation. I've found that stomach muscle exercises contribute to overall abdominal health.

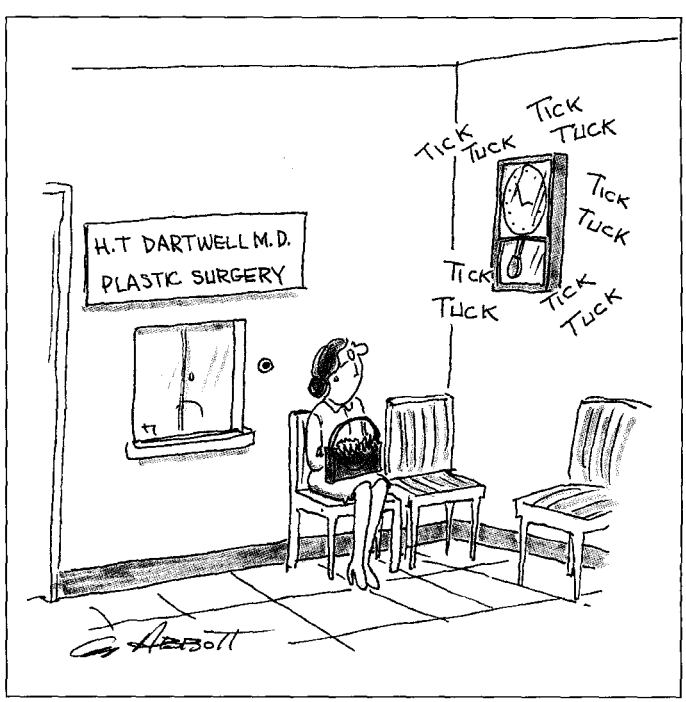
***Lactobacillus acidophilus*, described as a friendly intestinal bacteria, helps with constipation and foul-smelling flatulence, according to Earl Mindell, author of *Vitamin Bible* (1985, Warner Books Edition). Acidophilus is available over the counter in tablets.**

Steve Koehler
Wendell, Idaho

Dear Dr. SerVaas:

The person who complained about being troubled with a lot of gas just might have an intolerance to lactic acid. If so, he or she should not drink milk. Omitting milk products from my diet solved my problem.

Elizabeth R. Williams
Yorktown Heights, New York



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Learning to Learn

Dear Dr. SerVaas:

After years of being told "something is wrong" with our son, we want to share a new approach which is working for us. Jonathan had trouble in school from the onset—he just couldn't read. He would add words, miss words—it was totally frustrating to him and to us. Although he worked very hard, he just wasn't getting anywhere. For five years we tried remedial work, special classes, and private lessons, but the traditional approaches just didn't work.

Through business dealings, we learned of an optometrist in Bay City, Michigan, who has developed a program called Integrated Visual Learning (IVL). Dr. Ingersoll has realized that, in a number of children with reading difficulties, their eyes do not coordinate well enough with each other to follow letters and words across a page. IVL first corrects the tracking problem, then teaches kids to become "visual learners." They become capable of learning the way successful kids do, with their eyes instead of only with their ears and hands.

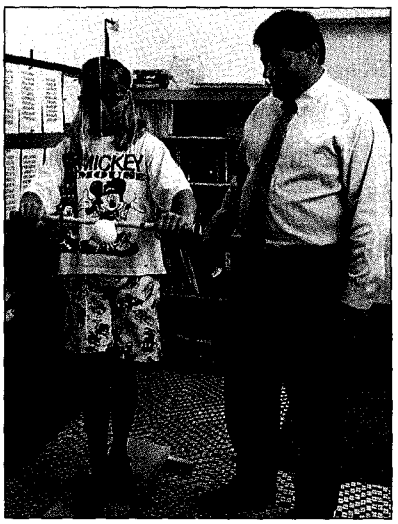
After several months with Dr. Ingersoll, Jonathan is happier and much more willing to take on a challenge. He is learning that he can learn—and we are all pleased.

David and Pam Bacharach
Wellesley, Massachusetts

We interviewed Jonathan after he'd had his first session with Dr. Ingersoll and were intrigued he was able to recite all the American presidents, backward and forward, by utilizing a visual technique he had been taught. We called Dr. Ingersoll for more information on Integrated Visual Learning and why it is working for Jonathan. Here is what he told us:

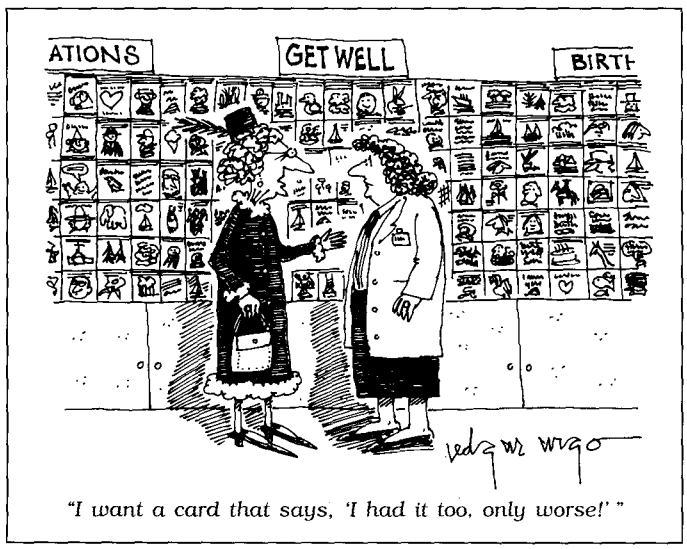
"Children in the first two years of life are far more attentive to tactile stimulation. They are reliant upon physical interaction to gain information. That is why we call them the 'terrible twos.' They put their hands on things. But somewhere between ages two and three, the coordination of tiny muscles in the eyes develops to a point where children begin to "touch" things visually instead of physically, because it works better. A transition occurs. We say, in common language, a child comes out of the terrible twos. What is really happening is the child is undergoing an attentional shift from tactilly (touch) driven behavior to visually driven behavior. That child is well on his way to succeeding in school where he will be presented with letters, words, and numbers to represent physical objects.

"But suppose this shift doesn't occur. Suppose the coordination of small eye muscles does not develop when it should. As with Jonathan, a problem will begin to develop: a problem that typically will show up when the child goes to school. As a direct result of delay in motor development, the developing child has a mismatch of visual and tactile input. An attention distribution pattern develops that is more attentive to tactile and auditory pathways, as opposed to visual, and that drives their behavior characteristics. For example, these are kids who can't seem to keep their hands off things.



Dr. Ingersoll teaches children to explore by visually touching things as opposed to physically touching them.

"The way to handle the problem," Dr. Ingersoll continues, "is to change the attention distribution. I contend that stimulant therapy, Ritalin and so forth, is a mistake. What we are doing with the Integrated Visual Learning (IVL) process is changing the learning style and the physical explorative style of these children. First of all, we have to make sure eye movements are correct so that visual sensory input matches tactile. It isn't an easy thing to do. Then, through a series of drills that can only be handled visually, we gradually change that child into a visual processor of information. We teach them to explore by visually touching things as opposed to physically touching them. We teach them to handle symbolic representation by the look of it as opposed to translating it into sound or touch. This teaches them how to learn in the same manner as the successful kids are learning."



"I want a card that says, 'I had it too, only worse!' "

Zoladex for Prostate Cancer

Dear Dr. SerVaas:

I hope you can answer the question I am about to ask you. I had prostate cancer and had surgery for it in 1991 (TUR). The doctor said he removed all the cancer. I have an injection of Zoladex once a month and was told I have to take it for the rest of my life. Does that sound right to you? I am 82 years old and in pretty good health otherwise.

Alfred G. Mead
Greenfield, Indiana

We sent your letter to Dr. Daniel Salvas, a urologist in Indianapolis who helped us as a volunteer in *The Saturday Evening Post*'s free prostate exam program when he was with the Indiana University School of Medicine. He specializes in the treatment of prostate cancer. This is his response:

"Zoladex is a medication which stops the production of male hormones by the testicles and is usually given on a once-a-month basis. When used for the treatment of prostate

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

cancer, the injections need to be continued indefinitely to continue to suppress the production of male hormones. The only alternative to taking these shots indefinitely would be a surgical castration, or actually removing the testicles which are the source of the major male hormones.

"Depending upon the particulars of the prostate cancer that you had, some men in your age group would not need to have any treatment for prostate cancer. The only way to know for sure is to discuss the details of your cancer with your doctor."

The male hormone testosterone may stimulate the growth of prostate cancer, so preventing the production of testosterone can slow the growth of the cancer and help relieve symptoms. That is where the Zoladex injection comes in. The long-term administration of this drug lowers the level of circulating testosterone to near zero. Because Zoladex has a continuous release over a 28-day period, it is usually given once a month. It is generally well tolerated.

Burning Vulva Relief

Dear Dr. SerVaas:

I hope I can help the women suffering from burning vulva syndrome (July/August '94 issue of *The Saturday Evening Post*).

After two years of enduring similar discomfort, I abandoned all soaps and medication. I bathed or showered with copious amounts of clear water. Within 12 hours, relief was definite.

I've continued this approach for several years and am free of the discomfort.

Name and hometown withheld

Dear Dr. SerVaas:

As a sufferer of vulvodynia, I was very disturbed to read the letter from Klara Hanson in the Nov./Dec. '94 issue of *The Saturday Evening Post*. I have had vulvodynia for 3½ years and can attest to the unrelenting pain we suffer. I am very glad she has found relief and is able to lead a relatively normal life now, but I certainly disagree with her comments about the Vulvar Pain Foundation.

I have been a member of the Foundation for two years, am now a Network Leader for my area, and have found the Foundation to be a group of people dedicated to helping women with this disease—physically, by supplying reams of information about different types of available treatments and new treatments that become available—and emotionally, by putting us in contact with other women who have the same disease and by providing support groups.

Marilyn Carpenter
Hamilton, Montana

Seeing Things More Clearly

Dear Dr. SerVaas:

I am 78 and have had granular eyelids since my teens. Mercuric oxide has been a satisfactory treatment, but now I can't get it. Is there something better? I also occasionally see a frame of sparkles around my field of vision. It first occurred 25 years ago and, again, perhaps every four or five years. What is happening to me?

Priscilla H. Baker
Hendersonville, North Carolina

We took your questions to Eugene M. Helveston, M.D., professor of ophthalmology at the Indiana University School of Medicine. His comments follow:

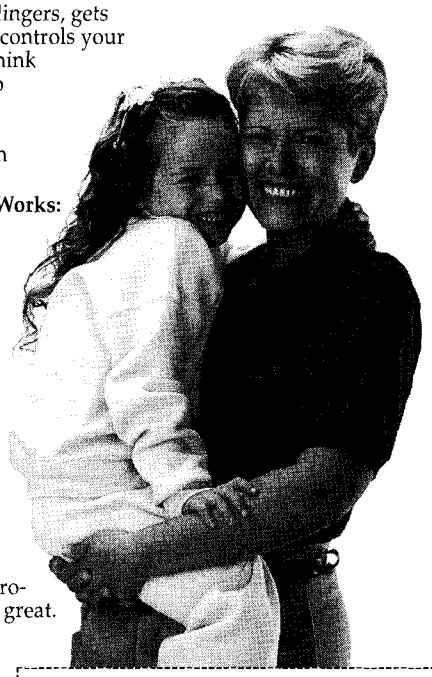
"It sounds like you may be suffering from an allergy to the byproducts of a chronic bacterial infection of your eyelids. This condition is usually treated with lid scrubs followed by the application of an antibiotic ointment. Lid scrubs are accomplished by placing a drop or two of 'no tears' baby shampoo on the tip of your finger or on a Q-Tip

"Back Pain Almost Ruined My Life.

But Just a Few Minutes a Day on *the BACKTECH® 2000 back machine* Relieved My Back Pain!"

The Cycle of Back Pain

Back and neck pain can be devastating—it lingers, gets worse, and can become a cycle of pain that controls your life. You cut back on activities, constantly think about your back, and guard every move. To help you break the vicious cycle, we developed the BACKTECH back machine, a conservative but comprehensive approach to get relief from back pain.



How the BACKTECH 2000 back machine Works:

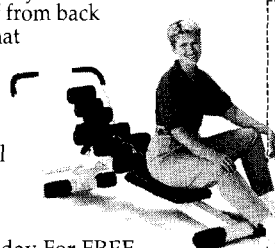
- *Massage* – Soft rollers massage muscles, increasing circulation, reducing muscle spasm, tension and stress.
- *Stretching* – Muscles are passively stretched, increasing flexibility and reducing pain.
- *Traction* – Mild traction restores spine length and pliability, relieving disc pressure.
- *Mobilization*– Restoration of movement occurs and promotes alignment of the spine.

Five Years of Clinical Use

Tested for over five years by doctors, physical therapists, and chiropractors, the BACKTECH 2000 back machine has been proven safe, effective, comfortable, and it feels great.

60-Day Home Trial

We're so confident you'll experience relief from back and neck pain that we offer the BACKTECH 2000 back machine with an unconditional 60-day money-back guarantee.



Call or Write Today For FREE BROCHURE AND VIDEO

1-800-433-5599

☐ **YES!** I want to relieve my back pain.
Please send me a FREE brochure and Video.
☐ VHS ☐ BETA

Name _____
Address _____
City _____
State _____ Zip _____
Evening Phone (_) _____

Back Technologies
2525 West Casino Road • Everett, WA. 98204
1-800-433-5599
© 1994 Back Technologies Inc. Dept. 1402

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

and rubbing the shampoo across your eyelid-lash margin 20 times. The shampoo should then be rinsed out and Bacitracin ointment applied to the base of your lashes. This could be done to both eyes, upper and lower lids. Treatment often must be carried out for weeks or months and may need to be repeated if the condition recurs. It is always best to carry out this type of treatment under the supervision of your ophthalmologist.

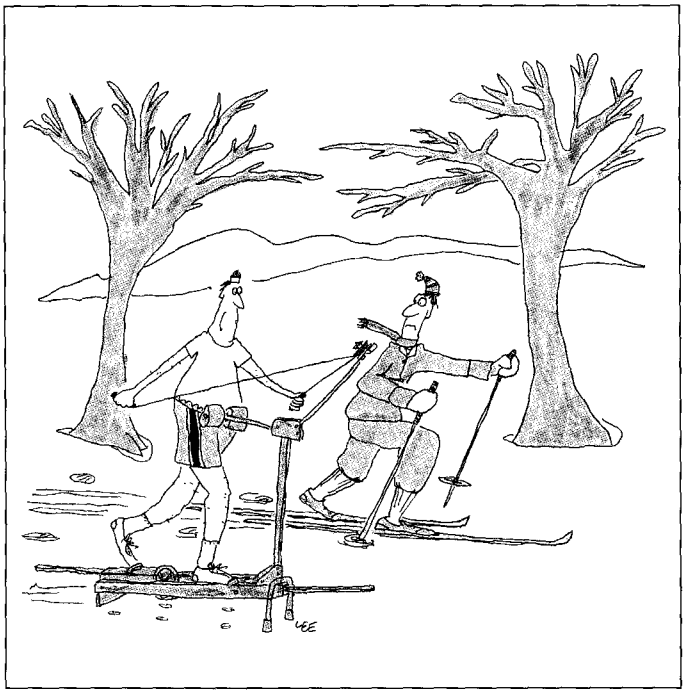
"Seeing visual geometric objects, sparks, flashes of light, and 'curtains' across the vision can represent harmless events or be the sign of serious eye disease. Bright, pinpoint flashes of light can mean that a retinal detachment is imminent, while a curtain across the vision means that a retinal detachment has occurred. Black, spiderlike objects floating across the vision are usually harmless pigment floaters. Your 25-year history of experiencing visual phenomena suggests that they are harmless and do not represent significant eye disease in your case. However, any persistence of the symptoms that you describe should be evaluated by a medical eye doctor who will take a careful history and examine the clarity of your eye, the function of the optic nerve, and the intactness of the retina."

Migraine and Cluster Headaches

Dear Dr. SerVaas:

I have suffered from chronic and acute headaches for many years. For the past seven or eight years, they have interfered with my life in a major way. I have been to the Ann Arbor Headache & Neurological Institute and Mayo Clinic, as well as every specialist we could think of. I was diagnosed with migraine headaches, but we have been unable to control them in any significant way without the use of powerful analgesics, which do nothing to treat the basic cause of the headaches.

In the spring issue of *The National Headache Foundation Newsletter*, there is an article about intractable cluster headaches, and the symptoms they discuss fit mine almost exactly. In the article, they say, "One of the most efficient treatments for chronic, refractory cluster headaches is inpatient histamine desensitization therapy. This involves ten days of treatment with intravenous histamine solution in conjunction with other prophylactic agents."



This is one of the entries in the Migraine Masterpieces Art Contest, sponsored by the National Headache Foundation and Wyeth-Ayerst Laboratories.

My doctor has not been able to discover any specifics about this treatment. All of the other treatments which we are aware of have been tried, with little or no success.

After 23 years of working and advancing in a technical field which I really love, I am on an extended medical leave of absence.

Any information would be much appreciated.

Pat Jackson
Kalamazoo, Michigan

Dear Dr. SerVaas:

Could you please send me any information you or your readers may have on cluster headaches? My nephew has had cluster headaches for years, and every year they just keep getting worse. This year, he is unable to eat, sleep, or work due to the intensity of the pain. He has seen many physicians, but nothing, so far, has had any lasting effect.

Thank you and the *SatEvePost* readers very much for any information you may be able to secure for us on this matter.

Mildred Lassen
Tumwater, Washington

Dr. George Urban is the associate director of the Diamond Headache Clinic in Chicago, which is currently a resource center for the National Institutes of Health. Dr. Urban authored the article on histamine desensitization for cluster headaches mentioned by Pat Jackson. This is his response to your letters:

"Cluster headache is an extremely disabling condition, usually appearing in cycles having a duration of several weeks, appearing once or several times a day. They cause severe, excruciating pain usually behind or around one eye and may last anywhere from 20 minutes to four hours. In spite of countless observations and research studies, the cause of cluster headache is poorly understood.

"Histamine desensitization is an alternate treatment for chronic or intractable forms of cluster headache. This inpatient treatment requires expertly trained staff who can recognize and control any possible side effects. For additional technical reasons, this therapy is not very popular, but it is very effective. The Diamond Headache Clinic may be contacted for more specific information.

"Migraine does not respond favorably to histamine treatment. In fact, its use may even trigger migraine or worsen the attack. Patients who are not responding to usual treatments would be wise to visit an experienced headache center where cluster headaches are treated for reassessment of diagnosis and a different therapeutic approach."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

(Advertisement)

Do Amish People Know Something That Doctors Don't?

If you are concerned about prescription drugs and their side effects...not to mention their spiraling cost ...Look at the Amish. They are robust and healthy. Yet they rely on simple, drug-free home remedies and folk medicine for their everyday health problems.

Their philosophy is "What's old is of the good." They claim their folk medicines, handed down from generation to generation, still work today for everything from colds to *kee-gretz* (foot fungus.)

An encyclopedia of their natural health secrets, called *The Wisdom of Amish Folk Medicine* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions—even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

This extraordinary health guide was inspired by a collection of little-known folk medicines gathered by the home remedy editor of a magazine published for the Amish.

Speaking of these health secrets, she says, *"A doctor was usually called as a last resort, after everything else failed, and this wasn't often."*

Step back to simpler times with the Amish natural folk medicine secrets for common health problems like these:

- **Backache?** This home-made liniment has been used for years to relieve aches and pains.
- **Poor memory?** The Amish swear by this common seed to sharpen the memory.
- **Can't take aspirin?** Discover the natural ingredients that have pain killing properties.
- **Allergies?** Learn how to use nature's antihistamine.
- **Arthritis pain?** An all-natural tonic can give hours of relief.
- **Prostate trouble?** A good dose of this ordinary tea is the Amish secret.
- **Want to stop smoking?** Learn age-old ways to kick the habit.
- **Trouble sleeping?** This simple remedy is said to induce a peaceful slumber.
- **Nervous?** Enjoy blissful tranquility without drugs.
- **Thinning hair?** Proof of this remedy is seen in Amish people's luxuriant hair and beards.

The Wisdom of Amish Folk Medicine also reveals natural health tips for: **constipation, cold sores, menopausal problems, sinus trouble, hemorrhoids, varicose veins, age spots, flu and more.**

These are only a few of the many trusted home remedies in *The Wisdom of Amish Folk Medicine*. Learn how to make "Go Back" drops, the Amish stomach remedy. Prepare their "Green Mountain Salve" for boils and sores. Mix up some "Good Samaritan Oil" for colds. Discover 6 ways to relieve muscle cramps, how the Amish use red beets to fight infection, which vegetables and fruits can cleanse and heal, and the Amish natural weight loss method that promises good results.

After a tiring day, you might want to try the Amish cure for *au-gewachsen*. That's their word for the aches that come from a long buggy ride, but it works for any kind of muscle fatigue.

Right now, as part of a special introductory offer, you can receive a special press run of *The Wisdom of Amish Folk Medicine* for only $8.95 plus $1 postage and handling. Your satisfaction is 100% guaranteed. You must be completely satisfied, or simply return it within 90 days for a full refund-no questions asked.

HERE'S HOW TO ORDER: simply print your name and address and the words "Amish Folk Medicine" on a piece of paper and mail it along with a check or money order for only $9.95 to: THE LEADER CO., INC. Publishing Division, Dept.AM426, P.O. Box 8347, Canton, Ohio 44711. (Make checks payable to The Leader Co., Inc.) VISA or MasterCard send card number and expiration date. Act now. Orders are filled on a first-come, first served basis. ©1994 The Leader Co., Inc.

Talking with Tony

continued from page 88

everybody's trying to sell, it's like a blade of grass coming up through cement. It just comes out, and you say, "Hey, listen to that!" or "Watch this!"

It's something we dislike talking about, being Americans, because we're so young, and yet when I travel as a world citizen, the first thing that every country shows me is its tradition: what they've contributed to the rest of the world. Whether it's fabric or art or painting or pottery or music, they show everybody what they do. Our country is interested in the new, whether it's good or bad. Tradition is put on the back burner.

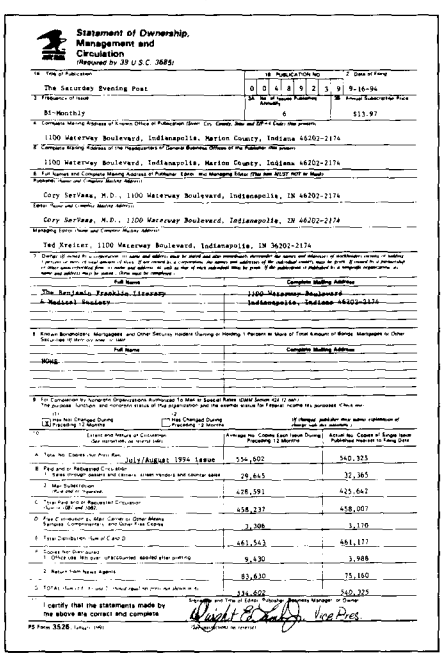
I still insist that American performers are the best performers in the world. Not that there aren't great performers everywhere, but it's that we have a star system. It's not like the song "New York, New York," where if you make it in New York, you can make it anywhere. If you don't make it in *America*, you just never become an international artist. We have the greatest star system. ▲

Where Do You Think You Are?

(answers from page 76)

(Theme: Cities with plant and shrub names)

1. Magnolia, AK
2. Ivy Ridge, DE
3. Roselawn, IN
4. Dill City, OK
5. Sunflower, MS
6. Pepper Pike, OH
7. Hollywood, FL
8. Bellflower, CA
9. Daphne, AL



Statement of Ownership, Management and Circulation
(Required by 39 U.S.C. 3685)

1a. Title of Publication: The Saturday Evening Post
1b. Publication No.: 0 0 4 8 2 5 3 9
2. Date of Filing: 9-16-94
3. Frequency of Issue: Bi-Monthly
3a. No. of Issues Published Annually: 6
3b. Annual Subscription Price: $13.97
4. Complete Mailing Address of Known Office of Publication: 1100 Waterway Boulevard, Indianapolis, Marion County, Indiana 46202-2174
5. Complete Mailing Address of Headquarters or General Business Offices of the Publisher: 1100 Waterway Boulevard, Indianapolis, Marion County, Indiana 46202-2174
6. Full Names and Complete Mailing Address of Publisher, Editor, and Managing Editor: Publisher: Cory SerVaas, M.D., 1100 Waterway Boulevard, Indianapolis, IN 46202-2174
Editor: Cory SerVaas, M.D., 1100 Waterway Boulevard, Indianapolis, IN 46202-2174
Managing Editor: Ted Kreiser, 1100 Waterway Boulevard, Indianapolis, IN 46202-2174
7. Owner: The Benjamin Franklin Literary & Medical Society — Complete Mailing Address: 1100 Waterway Boulevard, Indianapolis, Indiana 46202-2174
8. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages or Other Securities: NONE
9. For Completion by Nonprofit Organizations Authorized To Mail at Special Rates: (DMM Section 424.12 only)
10. Extent and Nature of Circulation — Average No. Copies Each Issue During Preceding 12 Months: July/August 1994 Issue
A. Total No. Copies (Net Press Run): 334,602 / 340,323
B. Paid and/or Requested Circulation: 1. Sales through dealers and carriers, street vendors and counter sales: 29,645 / 32,365
2. Mail Subscription (Paid and/or Requested): 428,591 / 425,642
C. Total Paid and/or Requested Circulation (Sum of 10B and 10B): 458,237 / 458,007
D. Free Distribution by Mail, Carrier or Other Means Samples, Complimentary, and Other Free Copies: 3,308 / 3,170
E. Total Distribution (Sum of C and D): 461,545 / 461,177
F. Copies Not Distributed: 1. Office use, left over, unaccounted, spoiled after printing: 9,430 / 3,988
2. Return from News Agents: 83,630 / 75,160
G. TOTAL (Sum of E and F — should equal net press run shown in A): 334,602 / 340,323
11. I certify that the statements made by me above are correct and complete. Signature and Title of Editor, Publisher, Business Manager, or Owner: Dwight B. Kendall, Vice Pres.
PS Form 3526, July 1993

Text Credits

Page 34, reprinted from *Maclean's* magazine, August 1, 1994; 46, reprinted from *The Saturday Evening Post*, ©1957 The Curtis Publishing Company; 50, reprinted by permission from *Free Radical Biology & Medicine* magazine, ©1994 Elsevier Science Ltd.

Photo & Illustration Credits

Page 12 (clockwise from top left), Walter Scott, E. Robert/Sygma, Charles Nye/Liaison; 14, National Dairy Board; 20, Rice Council; 34, 36, Eddie Adams/Sygma; 35 (top), Kevin Mazur/Sony Music; 35 (bottom), 37, courtesy Roskin-Friedman Associates; 38, Scott Manchester/Sygma; 42, National Kidney Foundation; 50, University of California/Lawrence Berkeley Labs; 51, Gary Chilluffo; 54, Envision; 55 (right), reprinted from *The Saturday Evening Post* © 1934 CPC; 56 © 1906, 57 © 1910, 58 © 1927, 59 © 1935, 60 © 1936, 61 © 1948 CPC—reprinted from *The Saturday Evening Post*; 74, 75, C.J. Hadley; 78, Wolf Suschitzky/reprinted from *SEP*, © 1959 CPC; 78 (bottom) Tom Mannario; 90, Ortho Books.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A MEMORY-FILLED MUSICAL TREASURY

50 Beloved Hits Of Broadway

Now, in a special collection never offered before, we proudly present the most enchanting and beautiful songs of Broadway. There's magic in every song born on stage. These great songs and melodies touch our deepest feelings and emotions. Here are 50 beloved favorites, many recorded by the stars who performed them on stage or took them to the Hit Parade. And now they can all be yours in this unforgettable memory-stirring collection. What a remarkable value. Be sure to order yours today!

50 Hits In A Memory-Filled Musical Treasury!

Tonight
CAROL LAWRENCE & LARRY KERT
West Side Story

Make Believe (I Love You)
HOWARD KEEL & KATHRYN GRAYSON
Showboat

What I Did For Love
ENGELBERT HUMPERDINCK
Chorus Line

Till There Was You
PEGGY LEE
Music Man

If I Ruled The World
TONY BENNETT
Pickwick

Once Upon A Time (A Girl With Sunlight In Her Hair)
ANDY WILLIAMS
All-American

If Ever I Would Leave You
ROBERT GOULET
Camelot

I Could Have Danced All Night
JULIE ANDREWS
My Fair Lady

Younger Than Springtime
JOHN GARY
South Pacific

Try To Remember
ED AMES
The Fantastiks

I'm In Love With A Wonderful Guy
MARY MARTIN
South Pacific

They Say That Falling In Love Is Wonderful
ETHEL MERMAN
Annie Get Your Gun

People Will Say We're In Love
GORDON MacRAE & SHIRLEY JONES
Oklahoma

Some Enchanted Evening
EZIO PINZA
South Pacific

Stranger In Paradise
TONY BENNETT
Kismet

If I Loved You
AL MARTINO
Carousel

On A Clear Day
JERRY VALE
On A Clear Day

Hello Dolly
LOUIS ARMSTRONG
Hello Dolly

Just In Time
DEAN MARTIN
Bells Are Ringing

If I Were A Bell
FRANKIE LAINE
Guys & Dolls

This Nearly Was Mine
EZIO PINZA
South Pacific

Hey There
ROSEMARY CLOONEY
Pajama Game

Hello Young Lovers
ANDY WILLIAMS
The King And I

Whatever Lola Wants
SARAH VAUGHAN
Damn Yankees

Maria
ROGER WILLIAMS
West Side Story

Who Can I Turn To
TONY BENNETT
Roar Of The Greasepaint

Getting To Know You
GERTRUDE LAWRENCE
The King And I

Bewitched, Bothered & Bewildered
DORIS DAY
Pal Joey

Gigi
LOUIS JORDAN
Gigi

I'm Always Chasing Rainbows
JUDY GARLAND
Oh Look!

The Sun Will Come Out Tomorrow
ANDREA McARDLE
Annie

The Impossible Dream
JACK JONES
Man Of La Mancha

On The Street Where You Live
VIC DAMONE
My Fair Lady

I've Grown Accustomed To Her Face
ANDY WILLIAMS
My Fair Lady

It's Almost Like Being In Love
GENE KELLY
Brigadoon

And Many More... 50 IN ALL!

Not Sold In Stores! • Money Back Guaranteed! • Mail No-Risk Coupon Today!

The Beautiful Music Company, Dept. TN-7
777 Larkfield Rd., Commack, NY 11725

Please rush my "50 Beloved Hits Of Broadway" in my choice of either 2 cassettes, 3 records, or 2 long-play compact discs on your unconditional money-back guarantee.

☐ I enclose $19.98. Send 2 Cassettes.
☐ I enclose $19.98. Send 3 Record Albums.
☐ I enclose $24.98 Send 2 Compact Discs.

FREE SHIPPING!

You Save! No Postage Or Handling Fees!

Or Charge To: ☐ **Visa** ☐ **MasterCard** ☐ **American Express** ☐ **Discover**

Card No. _____ Exp. _____

Name _____

Address _____

City _____

State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HOW TO COMPARE CLEAN AIR.

When more than 1,000 Rainbow® owners were asked by an independent survey company to rate their previous vacuum on removing dust and allergens, 94% rated the Rainbow Cleaning System better than the vacuum replaced.

Of people who had owned a HOOVER	*Of people who had owned a* KIRBY	*Of people who had owned a* KENMORE	*Of people who had owned a* EUREKA	*Of people who had owned an* ELECTROLUX
98% of Rainbow owners rated the Rainbow as better at removing Dirt and 96% rated it better at removing Allergens	92% of Rainbow owners rated the Rainbow as better at removing Dirt and 96% rated it better at removing Allergens	98% of Rainbow owners rated the Rainbow as better at removing Dirt and 98% rated it better at removing Allergens	97% of Rainbow owners rated the Rainbow as better at removing Dirt and 99% rated it better at removing Allergens	93% of Rainbow owners rated the Rainbow as better at removing Dirt and 95% rated it better at removing Allergens

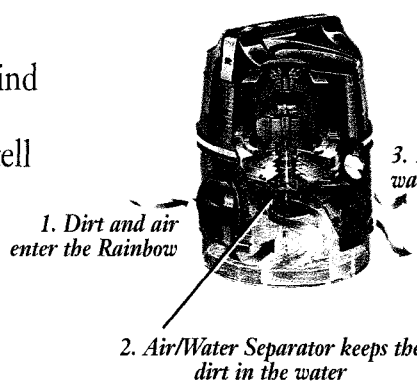
The Schoenwald Group, Inc. New York City, N.Y.

Nature has its own way of controlling dust and pollens in the air, by washing the air with rain and dew. For years the Rainbow has used the "water trap" cleaning system to clean and freshen the home. Nothing else cleans carpet and upholstery quite like the Rainbow. Look over the numbers above and then call **1-800-995-1529** and find out why the Rainbow has been called the "World's Most Advanced Cleaning System." Millions of satisfied customers Worldwide can tell you it's *better*.

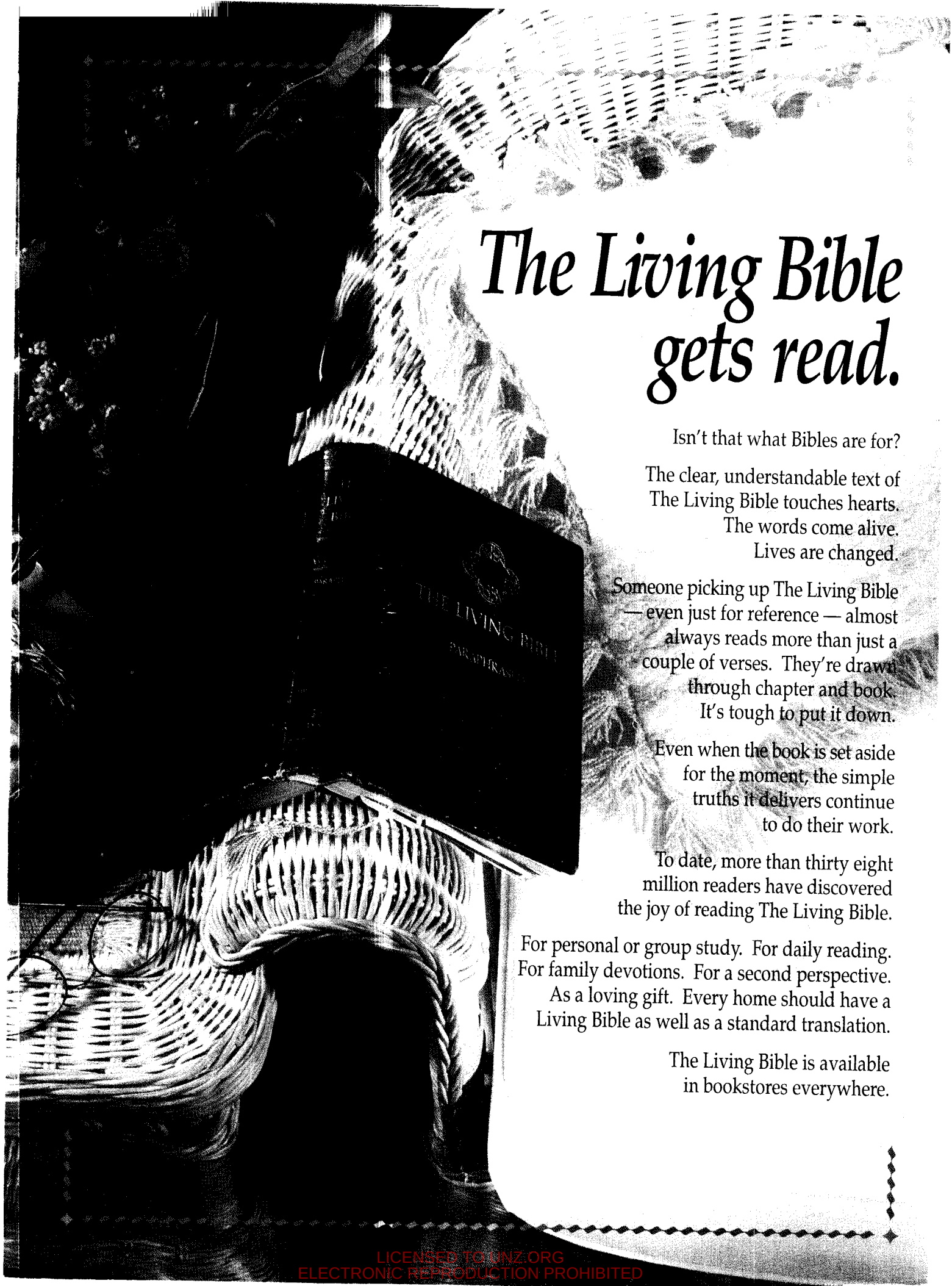
Rainbow®

Manufactured by Rexair, Inc. 3221 West Big Beaver Troy, MI 48084

Like a cleansing Spring rain... the Secret's in the Water



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



The Living Bible gets read.

Isn't that what Bibles are for?

The clear, understandable text of The Living Bible touches hearts. The words come alive. Lives are changed.

Someone picking up The Living Bible — even just for reference — almost always reads more than just a couple of verses. They're drawn through chapter and book. It's tough to put it down.

Even when the book is set aside for the moment, the simple truths it delivers continue to do their work.

To date, more than thirty eight million readers have discovered the joy of reading The Living Bible.

For personal or group study. For daily reading. For family devotions. For a second perspective. As a loving gift. Every home should have a Living Bible as well as a standard translation.

The Living Bible is available in bookstores everywhere.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED